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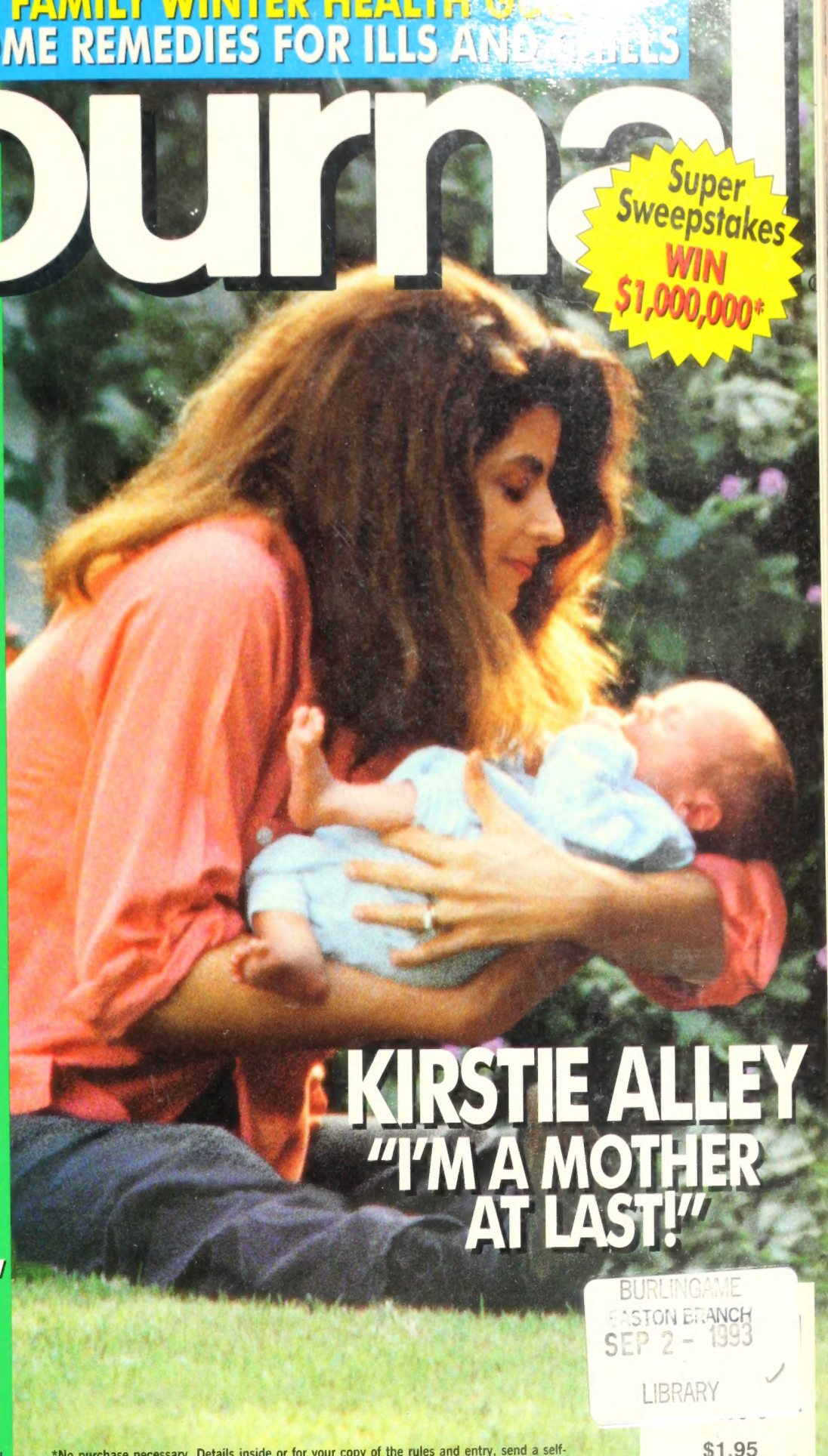
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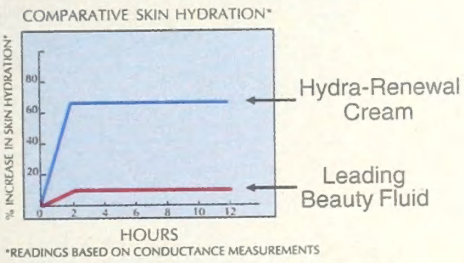
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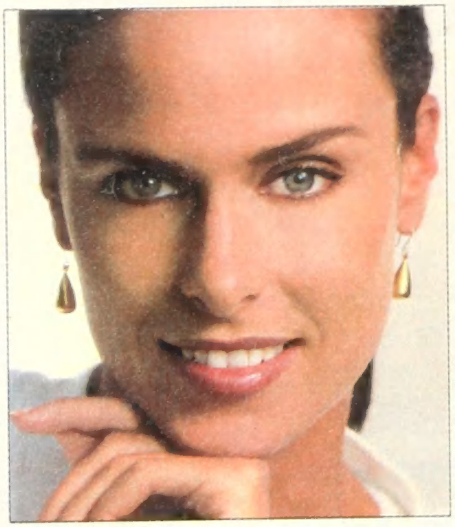
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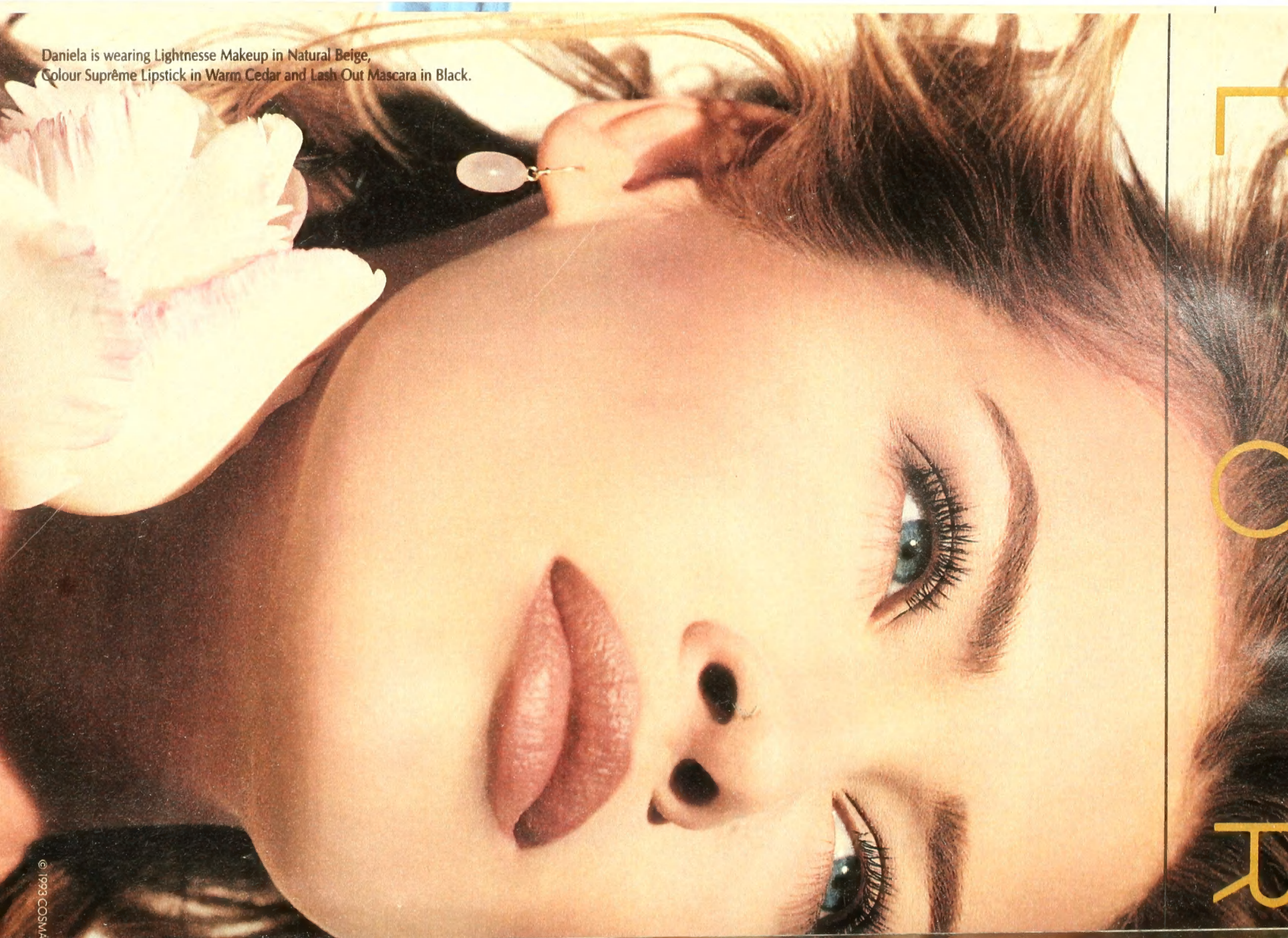
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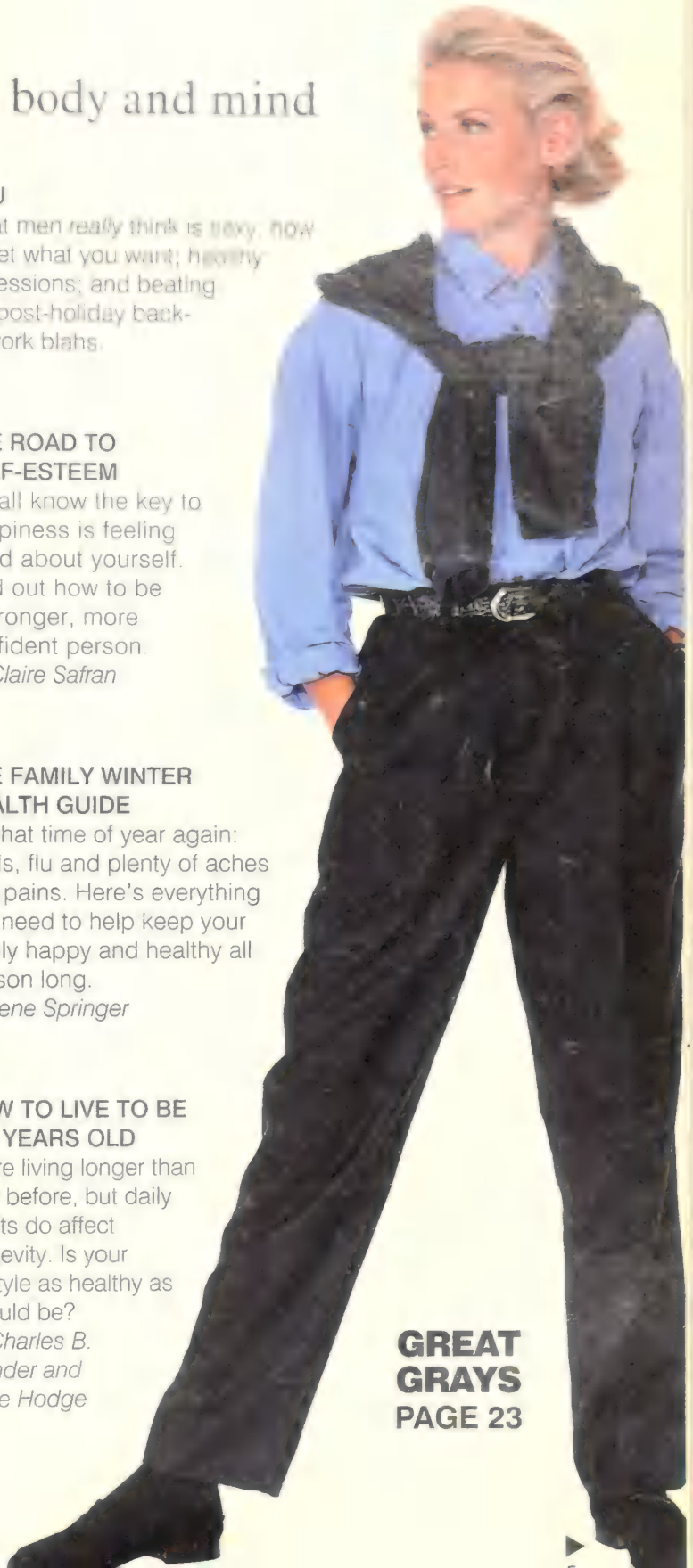
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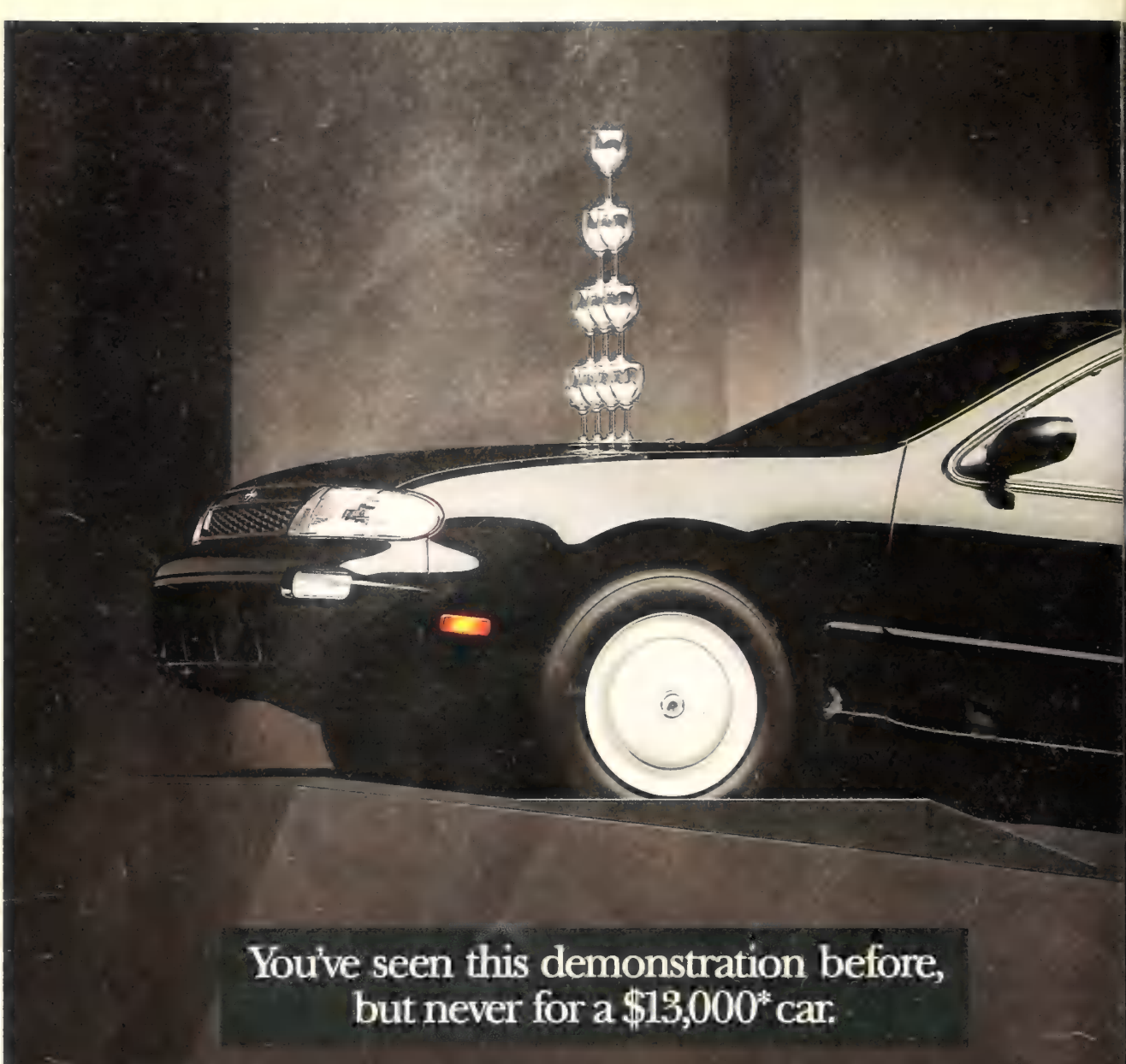
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The front wheels are on a dynamometer. Ten seven-inch glasses have been placed on its hood. The engine starts. The wheels turn. Quickly, the car reaches speeds in excess of 100 mph. The glasses remain in place, perfectly intact.** But all perceptions that a car has to be expensive to be exceptional have been completely shattered.

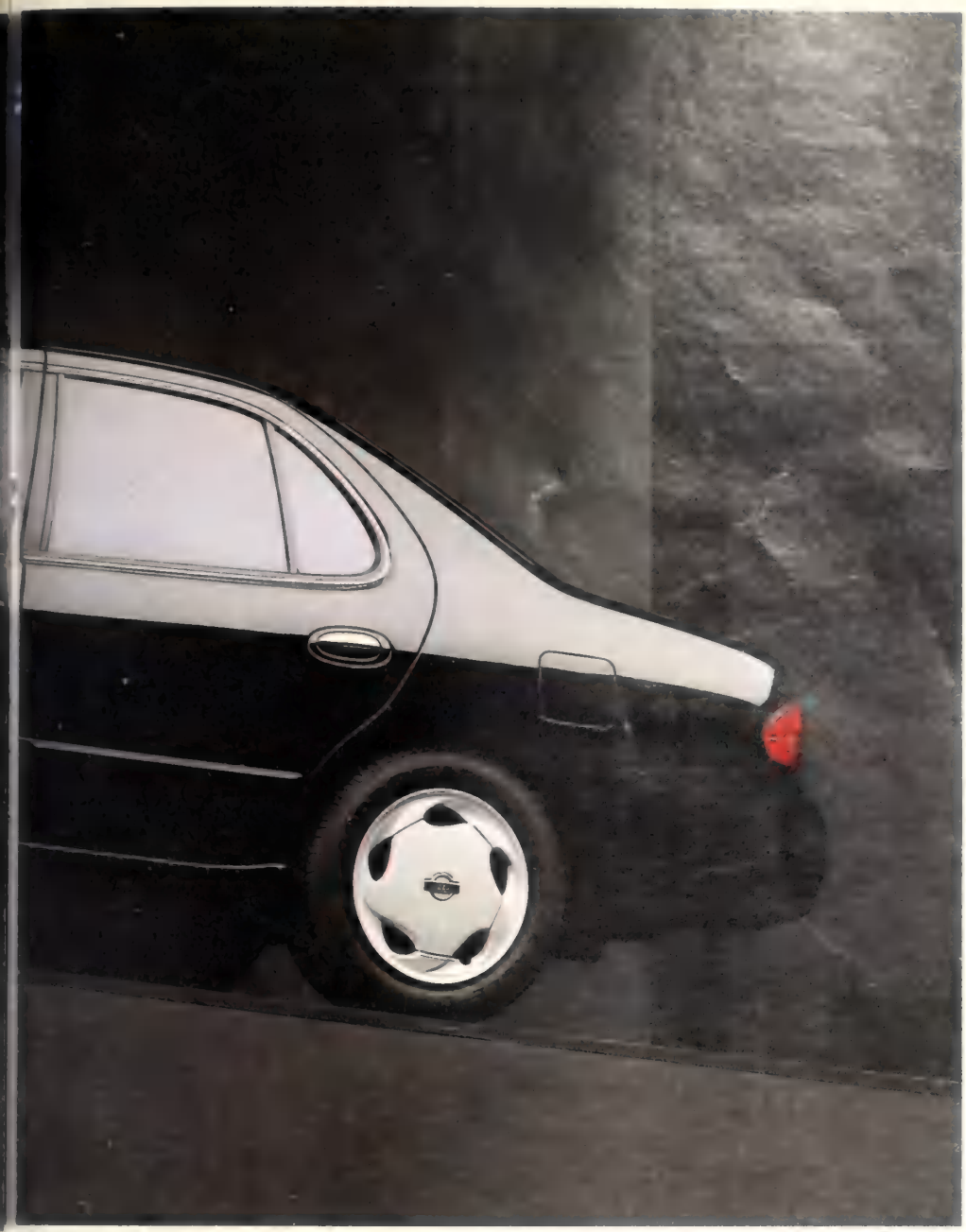
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Cover photo: Globe International. Photos, this page, from top: J.F. Causse/Tony Stone Worldwide, Jerry Simpson, Mark Bugzester. December 1992 cover of Tim Allen photographed for the Journal by Steve Schapiro/Gamma-Liaison; stylist, Kate Bergh; hair, Maria Valdivia; makeup, Wendy J. Weiss; wardrobe, Valerie Laven, Nicole Gorsuch.



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Tell it to the President



During last year's political campaigns, we heard a lot about the "year of the woman"—the new political power we have. We at *Ladies' Home Journal* would like to make every year the year of the woman, one in which our concerns and issues are considered of primary importance. But, we need your help to make women's voices heard on a continuing basis. That's why we're asking you to tell us which political issues you think are most important to women. We will share your opinions with President-elect Clinton, as well as with the leaders of the Senate and the House of Representatives. We will also publish the findings in a future issue.

To participate, circle the codes on the list below for the three issues you think are most important; please choose only three. Then phone 900-740-3222 (seventy-five cents per call; touch-tone callers only) between 9 A.M. Eastern time on Tuesday, December 15 and 11:59 P.M. on Friday, January 15, to record your choices. This is what you will hear:

Which issues of interest to women should our leaders most concentrate on in the next four years? Choose only three:

Affordable health care	01	Education	06
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Thank you for starting the new year right by making your voice heard and giving us the opportunity to make your opinion known.

Myrna Blyth

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"He's always criticizing me"



BY DAVA SOBEL

CLAIRE'S TURN "I'm married to the perfect man," said Claire, fifty-one, a classic beauty with porcelain skin and green eyes. "The problem is, my husband expects *me* to be perfect, too—and I'm not. After twenty-six years, I can't take any more of his criticism or his rejection.

"We've always had our problems, but now that our five children are grown, all of Bill's attention is focused on what's wrong with me: I'm a lousy housekeeper . . . I'm overweight. We've lost whatever closeness we ever had. We just fuss and fight.

"My parents never fought. They were both born in the early 1900s and had very traditional values and roles. Mom did everything at home and took care of me and my three younger brothers and two younger sisters. My parents were affectionate with each other and with us, though Dad was definitely the boss.

"We all knew Dad drank, but we never thought of him as an alcoholic, although now I suppose he must have been. I remember on Christmas Eve, our family's exchange of gifts depended on when Dad came home and how sober he was.

"Everybody tiptoed around my father. The bravest thing I ever did was tell him I wanted to go to college. I was talented in music and hoped to pursue a career, but Dad said I'd just waste my education by getting married and having kids. He agreed to send me to nursing school, though, so that's where I went, to one in St. Louis. But I never finished. I stayed in St. Louis and found a job at a hospital.

"I was twenty-four when I met Bill. My girlfriend was marrying his roommate, and they fixed us up. At the wedding, I caught the bride's bouquet. It was just like a fairy tale. Bill and I dated all that summer, then got engaged.

"If I'd had my eyes open, I'd have seen problems even before we were married. Bill was always worried about what people would think. Once when I was going home to Nebraska to visit my parents, I was standing with him outside his apartment house waiting for my ride. He had his hands clasped behind his back. I said, 'Aren't you going to give me a kiss goodbye?' He said no—he thought the neighbors might be watching.

"Soon after our wedding, we moved to Chicago. I found another *(continued)*

THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF JOHN KRUMBERGER, PH.D., AND LUCY FUSSY LaGRANGE, R.N., OF THE PRINSEN COUNSELING CENTER, IN CRYSTAL, MINNESOTA. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

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Can this marriage be saved?

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hospital job, and Bill went to work for an accounting firm. His job often kept him out of town for two or three weeks at a time. Once in a while, I really could have arranged to get time off to visit, but he never wanted me to. Bill had very definite ideas about things like that. I was to keep the house in order. He wouldn't even let me send his shirts out to be cleaned.

"In time, I became afraid of my own husband. There was an angry side to him I hadn't seen before. I had the sense that if I crossed him, he might even become physically abusive.

"Our romantic life has always been a disappointment. Bill seemed to want me in my place and available when he felt the need—just the way he wanted the house in order and his shirts ironed. But I couldn't feel good about being touched when he wouldn't kiss or touch me any other time.

"Not only was he distant, Bill was controlling, too. When I was pregnant with our first child, he got annoyed at me for having morning sickness. Picture this: me in the bathroom every morning throwing up, and Bill standing in the doorway asking, 'When are you going to get out of there so I can shave?'

"After Beverly was born, when we'd been married two years, Bill's company moved us to Minneapolis. I stopped working, and Bill and I had five children in six years. You can imagine what happened to my housekeeping. I loved taking care of the kids—they were my joy. But Bill still wanted the house in perfect order.

"When Grace, my youngest, was about a year old, my parents died within a week of each other. I was driving or flying back and forth constantly, with Bill staying home to watch the kids or leaving them with neighbors if he had to travel. Here, too, Bill was doing the right thing on the outside. I mean, it looked to all the world like he was the perfect husband and father. But alone with him, I had no support. Then he came down with mono, and I had to take care of him, too.

"I started eating for consolation. After five babies, I had put on at least forty pounds. Bill got me to go to one of those diet centers, and I took some weight off, but put it right back on.

"And as the kids grew up, he found new battlegrounds in them. He was always after them about something, like leaving their things in the bathroom. Once he got so mad he actually disconnected the water to the shower and told them to wash their hair in a tub in the basement. Now that the kids are out of the house, we're confronted with how little there is between us.

"Just about a year ago, Bill's company seemed about to close its Minneapolis branch and offered to move him to Boston. We went there for a week so Bill could interview for the new position. One night, I found I couldn't keep quiet about my feelings, and I told him I was scared to move. And we hadn't had sex for so long, I was sure he wanted someone new. 'You'll leave me for another woman,' I told him.

"Bill just sat there and ate. Finally he said, 'Well, you're right. I could leave you for someone else.'

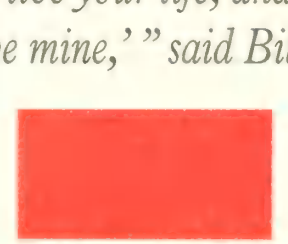
"I had never considered divorce, because of my religious beliefs. Bill and I are both devout Catholics. But I vowed then and there to go back to school so I could take responsibility for the rest of my life.

"As it turned out, Bill's company kept him in Minneapolis. Nevertheless, I registered at the university for courses in women's issues.

"Part of my course work has involved volunteering at a shelter for battered women. I talked to women who were verbally and physically abused, and I feel I have much in common with them—I feel verbally abused.

"Bill and I have been for counseling three times. Every time, the counselors, who were men, suggested that if I lost weight or paid more attention to the housekeeping, everything would be fine—as though it were all my fault.

"I've taken the attitude, 'You live your life, and I'll live mine,' " said Bill.



"But I did try to fit the mold of submissive wife, and whenever I did, Bill would say the marriage was great. Of course it was; he was getting everything his way. But I can't keep up the charade."

BILL'S TURN "I don't want my marriage to end," said Bill, a tall, fit-looking man of forty-nine, clearing his throat to keep the emotion out of his voice. "But things are getting pretty bad. I've taken on the attitude, 'You live your life, and I'll live mine.' I expect we'll wind up living together, but unhappily.

"Claire is becoming less feminine and more aggressive as time goes by. She's getting a lot of ideas in school about how women have to protect themselves because they can't trust men. Now she claims I abused her. That's simply not true.

"I think we are almost polar opposites. But don't opposites attract? Claire is very emotional; I'm more hardheaded. Yet I can still see what attracted me to her. I'll never forget how she looked at a friends' wedding rehearsal. She was beautiful and very different from the shallow girls I had dated in college. We shared a lot of the same values.

"I was smitten, but really inexperienced. For the first year of our marriage, I know I didn't satisfy her. I didn't know the first thing about being a husband, but I also think Claire is just one of those women who is hard to satisfy sexually. I was frightened by the romantic setup Claire arranged—I didn't know how to play that role. Better to avoid the situation or dispense with it by having quick sex. Looking back, I think we could have benefited from some counseling then.

"I admit I was never happy with the way she kept house. I'm an orderly person, and I like to know where things are. I never tried to hide that fact. Claire asked me to believe that neatness and order were important to her, too. She said one thing, but did another.

"About my shirts: I do insist on having clean clothes to wear. And early on, I felt too much financial pressure to let her send my shirts out to be laundered. Eventually, I came around. Once the kids were in school and Claire went back to work, I told her we had enough money to hire a housekeeper. But, again, she never got around to it. She won't clean, but she won't let anyone else do it either.

"I admit I used to be very unsympathetic about illness, like her morning sickness. I know I implied, 'What's wrong with you? Brace up.' At that stage of my life, I honestly believed anything could be done through sheer willpower. It wasn't until I got mono and Claire took care of me that I had any idea what it was really like to be laid up.

When I was young, I thought our family was just like everybody else's, but I see now that both of my parents were cold and unloving. I'm the oldest of nine. My mom was a very neat, capable woman who never let any of us help with the housework. My father had a terrible temper. We all did whatever he said, and if we didn't, he gave us real thrashings and called us names. I know I do that, too, when I'm upset.

"Neither of my parents was ever demonstrative with me or my brothers and sisters. Claire says she wished I had held her more when she needed support. Well, I did the best I could; I never really knew how to express myself.

"Disciplining the children has been a big problem for Claire and me. Whenever I wanted to lay down the law, Claire became the attorney for their defense. I wanted to teach them responsibility, but she wouldn't let me make them accountable for their actions. To this day, I feel our kids are not able to cope in the world.

"That shower story is *(continued)*

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true, sort of. Things would never have come to that if Claire had supported me on making the kids pick up after themselves. I didn't keep the water off long. I'm not an ogre.

"I have to say it does bother me that Claire has gotten so fat. I don't want to be in bed with her. At times, I don't even want to be seen with her. But more than that, I'm worried about her health. I believe lifestyle makes a big difference in health, and I exercise regularly. I love to ski and work out at the gym. Claire's idea of recreation is to play cards and talk.

"In the last few years, Claire has become jealous. When I come back from a business trip, she asks if I took another woman along. I have never been unfaithful to my wife. Maybe it's because of my religious beliefs or maybe it's for lack of opportunity. Who knows? But I've just about lost hope for our marriage. I don't know if our problems are reconcilable."

THE COUNSELORS' TURN "Bill and Claire never had a chance to live their own relationship," said the counselors. "From the very beginning, they were trapped in ruts worn by their parents' marriages and seemed doomed to relive those destructive marital patterns.

"Despite twenty-six years of marriage, this couple were still struggling to establish the ground rules for their relationship. Both had grown up the eldest in a large family with a domineering father and a submissive mother. Each had made a valiant attempt to break out of that mold in choosing a mate. Yet, they were opposites. Claire is outwardly emotional; she cries easily and gives affection freely. Bill is reserved. The trouble was, they were unable to mesh their differences so they could enjoy the best in each other.

"It was naive of Bill to expect Claire to be the perfect housekeeper his mother was. He was upset that she wasn't direct about her intentions, but he wasn't direct about his needs either. Beyond the idea of the wedding and children they would someday have, much was left unsaid about what they expected on a daily basis. What's more, given Bill's family background, he had little idea how to nurture his wife emotionally or physically.

"This couple fell into sexual disharmony right away, but again, neither was comfortable talking about it. As a new bride, Claire gave Bill complete control of the relationship, just as she had seen her mother do. Over the years, the more Claire abdicated control, the more controlling Bill became.

"As a child, Claire had learned to be finely tuned to her father's unpredictable moods. In the same way, she was overly attuned to Bill's needs and moods. Claire grew angry and resentful, and her fury surfaced in unkept promises or in her withdrawal from confrontations. Both of them told us that when a fight erupted, Claire would go and sit in the car.

"By the time we first saw them, they were entrenched in their differences and bitterly blaming each other for their problems. Our first session deteriorated into a shouting match, and it was clear we would have to counsel them separately for a few sessions.

"Claire needed to bolster her self-esteem so she could feel that she was on an equal footing with Bill. We worked with her to be more assertive and direct when she spoke. Bill did not understand his role in their marital difficulties. He seemed to feel that if Claire would just lose weight and get behind the iron and vacuum cleaner, their problems would be solved. Bill also had to examine his need to control every situation, a trait he had relied on to get him through life's crises.

"We saw Bill and Claire individually for six sessions over a period of six weeks. At that point, friends of theirs from church who knew they were having problems urged them to take part in a program called Retrouvaille, a national organization designed to help couples with troubled marriages. Though we had no experience with Retrouvaille, we looked into it and learned that Bill and Claire would spend a weekend away, listening to informal talks by a team of three couples and a priest about how to improve communication within the marriage. Claire and Bill came back pleased with their experience. Bill told us he felt hopeful for the first time in years.

"Now we were ready to work as a team. We focused first on the way they fought with each other and asked them to choose a topic they could discuss, or argue about, in a session. We would wait, but also interrupt as we saw fit.

"It was immediately clear that for each of them, the goal was to win. We encouraged them instead to use arguments as an opportunity to express feelings, to listen to what the other is saying and learn from it. Once, when Bill started moralizing about the benefits of weight loss and exercise, we jumped in and said, 'Don't denounce her or tell her what to do. Just explain how you feel about what she's doing.'

"Once they had learned to argue more fairly, we asked them to switch roles so they could understand each other's point of view. When Bill had to defend himself for being overweight against Claire's attack, he sensed for the first time how damaging his remarks had been.

"In fact, as the tension between them eased, Bill was able to see that though overweight, Claire was still a very pretty woman. The weight issue had become a symbol for everything he saw as out of control in their marriage.

"To help them realize the importance of simple touching and outward affection [see "Skill builders," left], we asked them to make a date once a week. They were amazed to discover that when they got out of the house, they could have fun. They recently went to a ski resort for a long weekend—the first time they had vacationed together in twenty years.

"This couple stopped coming to see us after one year. During that time, Claire had lost about fifteen pounds. She now feels more attractive, and Bill is starting to respond to her that way. On their most recent visit they were positively flirting. Claire expects to finish her degree in social work this June and would like to be affiliated with a hospital program. Ironically, Bill's company is for sale, so they are again facing the possibility of relocation. But this time, they are discussing the pluses and minuses for each of them.

"A year ago this couple spoke of staying together simply to avoid divorce. Now they have a real marriage."

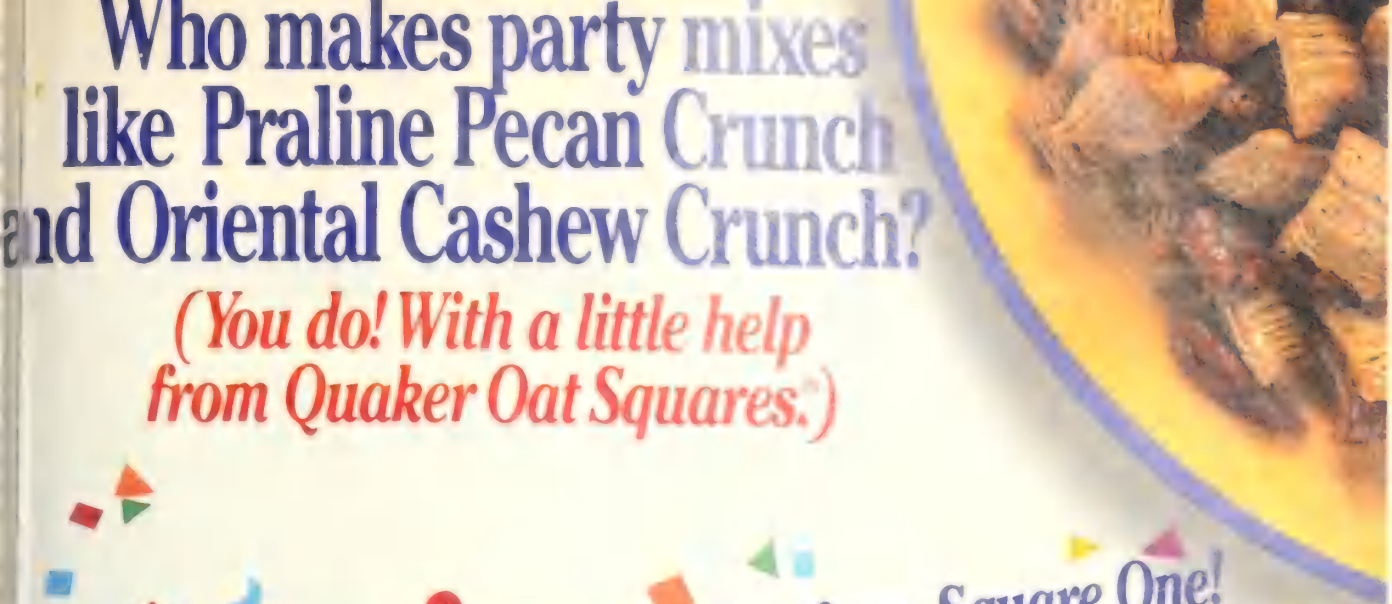
Skill builders
Tender touches

One of the reasons Bill and Claire ran into trouble with their sexual relationship is that they didn't understand or fulfill each other's need for affection. Part of the work they did to regain lost closeness involved holding and hugging each other as they remembered difficult times. Usually, women recognize their need for affectionate touch more than men do—whether that need is satisfied in the marriage or not. Men, often unaware that they, too, want affection and must learn to distinguish between affectionate and sexual touching, may try to fill the void with sex. To overcome this, think back to when you were dating: A quick hug, a kiss when you leave for work, an arm casually thrown over the shoulder signal love and open the door to intimacy.

CAN THIS MARRIAGE BE SAVED? a registered trademark of Meredith Corporation. Editor's note: Created in 1977 by a French-speaking Catholic bishop in Quebec, Retrouvaille is now an international organization staffed completely by volunteers whose aim is to help couples with serious marital problems. It is nondenominational. The Twin Cities group, based in Minneapolis, has offered to provide referrals to Journal readers. Call 612-892-7372.

Who makes party mixes like Praline Pecan Crunch and Oriental Cashew Crunch?

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QUAKER PARTY MIXES

Oriental Cashew Crunch

One 16-ounce package Quaker Oat Squares® cereal (8 cups)
One 3-ounce can chow mein noodles (1½ cups)
1 cup cashews or peanuts
½ cup vegetable oil
3 tablespoons soy sauce
1 teaspoon garlic powder
1 teaspoon onion powder

1. Heat oven to 250°F. Combine first 3 ingredients in 13"x9" pan; set aside.
2. Combine remaining 4 ingredients in small bowl; quickly pour over cereal mixture. Stir to coat evenly.
3. Bake 1 hour, stirring every 20 minutes; cool.

Makes 10 cups.

Praline Pecan Crunch

One 16-ounce package Quaker Oat Squares® cereal (8 cups)
2 cups pecan pieces
½ cup light corn syrup
½ cup firmly packed brown sugar
¼ cup margarine (½ stick)
1 teaspoon vanilla
½ teaspoon baking soda

1. Heat oven to 250°F. Combine cereal and pecans in 13"x9" pan; set aside.
2. Combine corn syrup, brown sugar and margarine in 2-cup microwaveable bowl. Microwave at high 1½ minutes; stir. Microwave at high ½ to 1½ minutes more or until boiling. Stir in vanilla and baking soda and pour over cereal mixture. Stir to coat evenly.
3. Bake 1 hour; stirring every 20 minutes. Spread on baking sheet to cool; break into pieces.

Makes 10 cups.

RECIPES ALSO ON PACKAGE

"This year I confronted my demons"

I NEVER THOUGHT I WOULD BE TELLING THE WORLD ABOUT THE MOST PAINFUL EVENT OF MY LIFE. BUT I WON'T BE SILENT ANY LONGER

In 1989, the Journal selected five women—a cross section of the U.S.—and began to chronicle their lives in the nineties, publishing a report each January. While this past year was significant for all the participants in our "Voices of the Decade" project, it was particularly difficult for one. Paulette Polley, forty-three, an assistant professor of marketing from Akron, Ohio, told us that events in the news forced her to relive the sex crime she had suffered through twenty-five years ago and that continues to haunt her today. This is her story.



BY PAULETTE POLLEY, AS TOLD TO KATHRYN CASEY

There are some traumas that you can never forget. No matter how much time goes by, or how seldom you think about what happened to you, the painful memories can be set off by an unexpected trigger. This year, the trigger was the banner headlines that screamed *rape*.

As the nation watched the Mike Tyson date-rape trial, I felt an old fury rage within me. Everywhere I went, people were talking about the case—and some thought that the woman who took Tyson to court, Desiree Washington, was to blame for the assault. Whenever I heard a friend or colleague argue that surely she had known what she was getting into, I wanted to scream, "No, she didn't. It happened to me, and I didn't ask for it!"

**Name has been changed.*

My anger has led me to go public with my experience now, because I identify on such a visceral level with Desiree. Like me, she was very young and very naive, and reacted to the rape by trying to put it out of her mind. Though some criticized her for not reporting the attack right away, I understood that she was probably in shock and denial. I remember what it was like when the realization that I had been raped finally overwhelmed me.

It was 1968, and I was an eighteen-year-old freshman at Howard University, in Washington, D.C. People didn't talk about date rape back then. Rapists were strangers, certainly not men you went out with on a date.

I was introduced to John,* a twenty-two-year-old man, by another student at a gathering. Though I wasn't very impressed with John, he seemed okay. A short while later, he asked me out to a jazz club; I accepted, because I loved hearing good jazz.

That night began uneventfully. The nightclub was one of D.C.'s hot spots—the type of place my other dates couldn't afford to take me—and the music was great. Later, I'd look back and wonder if there were signs I'd missed earlier in the evening, indications that things weren't right. But John seemed like a nice guy; he didn't come on too strong. On the way home, he asked if I'd like to stop at his place to listen to more jazz. I said, "Sure."

When we got to his apartment, John put on a record, and we sat down on the couch. It happened so quickly—one minute we were talking about music, the next he was making sexual advances. He kissed me lightly, then *(continued)*



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began groping me. I said, "Stop it," thinking that he would back off. But no matter how hard I tried to push him away, he just kept coming at me, saying, "I can't stop. It's too late."

At first, I couldn't believe this was really happening. I kept thinking: I just haven't convinced him yet. I tried to reason with him, saying, "Don't you realize I don't want this?" He said, "Relax, I've done this before."

I didn't relax. I pleaded, and I fought. Yet the more I struggled, the less control I had over the situation. I tried to knee him in the groin, and missed. I screamed, and John put his hand over my mouth. Then he threatened to hurt me if I kept resisting, and for the first time, I felt terror. Remembering that my mother had once told me that some men get a thrill when a woman struggles against a sexual attack, I tried my final strategy—I went totally limp. But John didn't stop.

When it was over, I felt like I was in some kind of bizarre play. As I lay trembling beneath him, my attacker began to call me names, telling me I wasn't worth diddly-squat. He even criticized my sexual "performance." Furious, I wanted to scream at him, but I kept quiet.

When his barrage of insults ended, John finally got up and let me get dressed, suddenly acting as if this were just a normal date. Much as I wanted to get away from him, I had to let him drive me back to my dorm; I had no idea how to get home from John's place, and I didn't know how he would react if I asked to call a cab. I didn't even wait for him to completely stop the car when we got to my building. I opened the door, jumped out and ran inside.

For the rest of that night, I was in shock. There was no one to talk to—my best friend was out, and my roommate was sobbing because her date had stood her up. (How I wish that had been me.) I crawled into bed, curled up and cried for hours.

As I lay there, I kept going over that night in my mind. Like many victims, I blamed myself: I should have seen the signs; I shouldn't have gone to John's apartment; I let myself in for it. By morning, I had decided I would never tell anyone what had happened. In fact, I'd pretend it had never occurred at all.

For three days, I did just that—blocked that night out completely. Then, as I was working on a project with some girlfriends, I began crying uncontrollably. When one friend asked what was wrong, I told them everything. That night I called my mother and told her about the rape. I could hear the pain in her voice as she tried to be strong. "You'll get through this," she assured me. We agreed not to tell my father. He would have been so enraged that he might have taken the matter into his own hands and ended up in jail.

My mother sent money for a doctor, and a few days later I went to one that a girlfriend had recommended. He was compassionate and supportive as he examined me, and told me to come back if I experienced symptoms of pregnancy or sexually transmitted disease. He also suggested I talk to an attorney.

Later that week, I sat in a lawyer's office and again recounted that horrible night. By then I felt so drained of emotion that I probably sounded as though I was reading a grocery list. Maybe that's why I sensed the attorney didn't believe me. But I'm sure he was just doing his job when he rattled off the questions I'd be expected to answer in court. "Why did you go to his apartment?" he demanded. "Didn't you lead him on?"

Then all my resolve crumbled as the lawyer confided, "You know, it's almost impossible to convict somebody of rape when you're dragged off by a stranger and beaten. It *is* impossible when it's someone you dated." I reluctantly agreed that it was in my best interest to go on with my life and forget about going to the police.

Yet as I prepared to leave the office, one thing still troubled me. "He said he did this to others," I said. "How can he be stopped?" For the first time, I felt the attorney believed me. "All you can hope is that the next girl will be more careful than you were." He shrugged. I turned and left, feeling overwhelmed both by uncontrollable rage and utter hopelessness. There was no justice.

For ten years, I blocked the pain and acted like the rape had never happened. I graduated from Howard, married William Polley and had our first daughter, Nicole. Before our wedding, I told my husband about the incident, explaining that I had handled it, and it was all behind me. He was very understanding and very sympathetic.

Then in 1978, I met a woman who reminded me in many ways of the student who had fixed me up with John (I had never confronted her after the rape). Suddenly, I began experiencing flashbacks and I kept having nightmares—not specifically of the rape, but of being in situations where I wasn't in control. It was then that I realized I had never really come to terms with what John had done to me. It took a year of therapy to finally stop blaming myself.

In many ways, my life is so happy now. After twelve years of study, I received my Ph.D. from Kent State University this year. William's medical practice is thriving, and I'm enjoying watching our daughters, Nicole and Alycia, mature. Yet there are times when the memo-



What's Cherry Red, Loaded With Extras, And Purrs When You Floor It?

back. I often wonder if John is still here somewhere, raping other women. I despair for them, that they, too, will have to experience the pain and loss I carried for so long.

I wish I had pressed charges? Unfortunately, my attorney was probably right to give me good advice at the time when I asked me to forget about it. In all likelihood, no one would have believed my story, and I would have been blamed and become the subject of gossip.

Certainly date rape is talked about more openly now, yet sometimes I fear that when it comes to rape, attitudes haven't evolved as much as we'd like to believe. Women still have a credibility problem. Despite all the studies to the contrary, we continue to assume the woman did something to "bring on" an acquaintance rape—dressing too provocatively, going to a man's home—and that under those circumstances, a rape is justified if he forces her to have sex. That type of thinking has to change.

Today, I look at my daughters, and I worry that there are things in the world—mistakes they may make or incidents that may happen to them—that are the power to imprint their lives indelibly. I've tried to instill in them a belief that they are independent, that they can say no. I've also tried to help them understand that everyone doesn't play by the same set of rules.

By the time this story is published, I will have told them about my experience. It's a very difficult thing, and I have to make sure I do it right. I don't want them to become fearful, yet they should be aware, especially now that Nicole is fifteen and old enough to be dating.

My mother once told me that living well and succeeding in life are the best revenge. I believe that. Maybe it's one of the reasons I've been so determined to accomplish the most I can in life. Yet I can't deny that having been raped has had an effect on me. I'm more cynical, less trustful of people than I otherwise might have been. Despite the distance I've traveled from that painful night, I still carry it with me. I probably always will. ■

"Voices of the Decade," LHJ's oral-history project, will continue throughout the nineties. The complete text of all interviews conducted for the project will be placed in the Schlesinger Library of Radcliffe College, as a resource for scholars.

YEAR OF CHANGE

NOTES ON 1992 FROM OUR OTHER "VOICES OF THE DECADE" PARTICIPANTS:



"Last summer, we moved from East Lansing, Michigan, to the small town of Cheboygan, where Dave began private medical practice. I left my job as a prenatal counselor to stay home full-time and be there for our three kids. I'm not sure when or if I'll go back to work. We're looking forward to slowing down and enjoying ourselves."



"There continues to be a lot of uncertainty in our lives. Jim's company, Continental Airlines, is bankrupt and up for sale, and in December 1991, the weekly newspaper I worked for closed. But the year turned out well. We refinanced our house, and I began writing for a new business magazine in our town of Clarkston, Washington."



"This has been a good year on our farm, in Eminence, Indiana. Despite some heavy rain, it looks like this year's harvest was better than most. To top it off, I'm opening my own beauty salon, the Outback Hair Shack, next to the house. It will cost more than $30,000 to build—scary! But this business means I'll be able to see the kids, *and* I'll be making money."



"I got married last October to Dave Bishop, a contractor, who built my Valley Forge, Pennsylvania, home two years ago. He's funny, strong, sensitive. We're raising my son, Sean, and his daughter, Leigh Ann. We have different parenting styles. A child psychologist told us it takes two to five years to build a family! We'll get there, though."



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New looks for the new year, a terrific contest, and more



NAIL ENAMEL HAS GONE HIGH-TECH WITH FORMULAS THAT DRY SUPERFAST. NAIL PRO ROXANA, OF THE WARREN-TRICOMI SALON, NYC, TESTED A BATCH, AND HER PICK IS CUTEX COLOR QUICK. DRYING TIME: TWO MINUTES FOR TWO GLOSSY COATS.

Pearl talk

There's simply no end to the pearl trend! According to Karen Alberg, editorial director of *Accessories Magazine*, women are postponing major clothing purchases and are splurging instead on accessories—especially big, chunky, gumball-size pearls—to update their wardrobes. The good news is that unlike clothing manufacturers, many costume-jewelry retailers have held prices stable by absorbing cost increases themselves instead of passing them on to the consumer. Look for Carolee's pearl dome earrings with gold rope trim ($32) and Monet's single-strand necklace ($35) with matching pierced pearl stud earrings ($16).



"Jumbo ivory pearls are the perfect accessory to complement every skin tone." —Carolee Friedlander, president of Carolee Designs

5 STEPS TO THICK, SHINY HAIR

WE KNOW SHINY, SILKY, FULL-OF-BODY HAIR IS AT THE TOP OF EVERYBODY'S WISH LIST. TO FIND OUT HOW TO GET IT, WE SPOKE WITH TOP NEW YORK STYLIST JOHN FRIEDA, CREATOR OF FRIZZ-EASE HAIR SERUM; SAM HUFF, VICE PRESIDENT OF RESEARCH AND DEVELOPMENT FOR L'ORÉAL HAIR PRODUCTS; AND CHASE ASTON, HAIRSTYLIST TO TOP MODELS, INCLUDING CINDY CRAWFORD AND NAOMI CAMPBELL.



1 Select products with shine boosting ingredients: protein (which includes collagen and keratin) and vitamins like panthenol, a vitamin B derivative. Try: Revlon Flex Body Building Balsam & Protein Shampoo and Conditioner in Dry/Damaged Formula, and Pantene Pro-V Shampoo Plus Pro-Vitamin Conditioner in One for dry or damaged hair.

2 Avoid over-shampooing—the oils in your scalp add natural gloss and elasticity to prevent hair from becoming thin, dry and flyaway.

3 Substitute an extra-cleansing shampoo for your regular brand once a week to remove product buildup that will flatten and dull hair. We like Neutrogena Shampoo, and Aussie Citrifier Shampoo from Redmond.

4 Look for styling products that are alcohol-free or low in alcohol, and avoid heavy gels or setting lotions, which can weigh hair down and make it look greasy. Styling products that are silicone-based will coat the hair shaft and give it a more shiny appearance; they're best for hair that's curly or frizzy. Try John Frieda's Frizz-Ease line or Alberto Frizz-Solver & Shine Enhancer from Alberto-Culver.

5 No matter what hair type you have, it will look thickest with an above-the-shoulders blunt cut—not only does the style add fullness, it maximizes shine, especially when blow-dried straight.


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GRAY MATTERS

RAY FLANNEL PANTS BELONG IN EVERY WOMAN'S ARDROBE, ESPECIALLY NOW THAT THEY RANGE OM SKINNY TO SLOUCHY. HERE, TOP LOOKS, US TIPS FOR GETTING THE MOST FOR YOUR MONEY

Traditional double-pleated men's-style gray flan- ls (like the JH Collectibles classic pair, right) : as much of a closet staple as a great white irt. They can be worn with everything m a white silk shirt to a tee and a blaz- The two newest versions of gray flannel users are slim, tapered pants with a little etch for a sleek look (Ann Taylor's are terrific) d an ultra-slouchy, generously cut Garbo style e the pair by A Line Anne Klein. Both look up- the-minute with slim, sleek tops.

Gray flannels (except for skinny stretch flannels, ol jeans and wool jodhpurs) ould have a well-constructed istband and a rayon lining. ayon is softer and drapes tter than polyester linings.





● Shoes make all the difference with these styles. Choose suede loafers, menswear lace-ups and shoe-boots.

● Whatever style you choose, keep it simple—no piping, fancy buttons, flaps or extra zippers.

Lower left: sweater, Malo; belt, Coach; shoes, Maraolo. Center: beret, Eric Javits; belt, Doppia Vita; boots, Maraolo; watch, Anne Klein; turtleneck, 525 Made in America. Upper right: shirt, Comme des Garçons; belt, JH Collectibles (comes with pants); shoes, J. Crew; sweater, The Gap. In the November issue, the phone number for Recreational Equipment, Inc. was misprinted; the correct number is 800-426-4840. The trend report from Seattle was contributed by Susan Phinney, of The Seattle Post Intelligencer.

1993 STYLE REPORT

WHAT'S IN WHAT'S OUT

WHAT'S IN	WHAT'S OUT
Short, red nails	Long, square nails, French manicures
Long, skinny skirts with slits	*Short, tight skirts*
Control lingerie–girdles, support hose, underwire bras	Excessive dieting
Shiny, smooth, styled hair	Frizzy, wash 'n' wear hair
Groomed, made-up brows	***Heavy, natural brows***
The Gap, J. Crew, discount shopping	Designer outfits, anything at full price
Gels and "lite" sprays for face, hair, body	Heavy creams, rich, oily products
Bronzing powder year-round	Suntans
T-shirts, bodysuits, poorboys	*Serious blouses*
Hairspray, Velcro rollers	Mousse

OIL OF OLAY/LHJ "I LOOK GREAT FOR MY AGE" CONTEST



So many women look so terrific these days that it's nearly impossible to guess their age! We think Candice Bergen, Jane Seymour and Faye Dunaway look better than ever, and we bet you do, too. Enter this exciting contest today (the deadline is January 31, 1993) and you could win a fabulous prize—maybe even the grand prize of $5,000 and a walk-on part on a popular soap opera! Simply fill out the entry form below and submit it with a box tab bearing the Universal Product Code from any Oil of Olay product, plus two current color photos—one full-length and one head-and-shoulders shot. Ten semifinalists will be chosen: Each of the five runners-up will receive $1,000, and the five finalists will compete in a mini-pageant in New York City, where they'll be made over and photographed for Ladies' Home Journal! For rules, see page 126.

OIL OF OLAY/LHJ "I LOOK GREAT FOR MY AGE" CONTEST

Fill out this entry form according to the official rules on page 126. PLEASE PRINT CLEARLY

I look great for my age because (fifty words or less)_____

My most important skin-care tip is (twenty-five words or less)_____

ENCLOSED ARE: Two current color photographs (no more than sixty days old), one full-length, one head and shoulders only.

Name_____ Street address _____

City_____ State_____ Zip_____ Phone number_____

Date of birth/Present age_____ Height_____ Weight _____

Eye color_____ Hair color _____ ALSO INCLUDE: A box tab with Universal Product Code from any Oil of Olay skin-care product. (See rules for states that are excluded.)

NOTE: ALL ENTRIES MUST BE RECEIVED BY JANUARY 31, 1993

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Kids and obesity

Although it's a common belief that children are calorie-burning machines, they may be eating too much, experts say. In fact, children between the ages of four and six may eat as many as 400 extra calories daily, according to research conducted at the Medical Center Hospital of Vermont. And another study has linked adolescent obesity to serious health problems in adulthood, such as heart attacks and strokes. But, dietitians warn, counting a child's every calorie could cause eating disorders. Instead, experts suggest luring couch-potato kids away from the TV and sending them outside to play.

—CAROLYN O'NEIL, *On the Menu*

Making delinquent dads pay

If your child's father owes child support, don't despair. You can get an Income Withholding Order from a judge, which requires the father's employer to withhold the money from his paycheck. You can also call a child-support collection agent. To find agents in your area, contact the Child Support Collection Association, in San Antonio, Texas (210-690-2193). The Census Bureau reports that five million divorced and single women with children under twenty-one are awarded child support, but only half collect full payment.

—STUART VARNEY, *Your Money with Stuart Varney*

QUOTE OF THE MONTH

When you're younger, you really do think that you're on center stage and everything that happens relates to you. There is a moment when you suddenly realize that the important thing is not you listening to the music but the music [itself], and that you're part of what is all around you.

—AUTHOR GERMAINE GREER, WHO HAS JUST WRITTEN A BOOK ABOUT MENOPAUSE, ON CNN'S *SONYA LIVE*

Cutting car-insurance costs

A little savvy can go a long way in saving you money on auto insurance. Shop around for the best price, don't buy unnecessary coverage and do negotiate price breaks. Some companies, for example, give discounts for automatic seatbelts and airbags. And you should get a low-mileage discount if you don't drive much. If you have any insurance questions, call the Insurance Information Institute's consumer helpline: 800-942-4242 (Monday to Friday, 8 A.M. to 10 P.M. Eastern time).

CNN
THE WORLD'S NEWS LEADER, AND LADIES' HOME JOURNAL PRESENT UP-TO-THE-MINUTE FACTS AND FINDINGS ABOUT THE WORLD TODAY

Layer it!

For spring, key styles are long, layered and fluid. Top designers like Bill Blass, Giorgio Armani and Geoffrey Beene are showing light, draping layers in colors that range from basic black and white to exotic prints. And Karl Lagerfeld teams long jackets that curve over the hips with see-through skirts and pants. Says Adrienne Vittadini, "Clothes are much more fluid [and] slinky. Long and lean is very, very evident." —ELSA KLENSCH, *Style with Elsa Klensch*

Talk that heals

Group therapy not only helps breast-cancer patients emotionally, it may also extend their lives, a study shows. The support and relaxation training that patients received in a year of weekly sessions added an average of eighteen months to their lives, according to Stanford University psychiatrist David Spiegel. He emphasizes, though, that such therapy must be accompanied by standard medical care.

—DAN RUTZ, *HealthWorks*

Watch CNN's ***Sonya Live***, a provocative talk show with Dr. Sonya Friedman (weekdays, 1 P.M. E.T.), and ***Your Money with Stuart Varney*** for personal finance (Saturday, 3:30 P.M.; Sunday, 9:30 A.M. E.T.).



"The Ruby-throated Hummingbird"

22-karat gold highlights and three
gold bands are enhanced by an
intricately detailed border
In full color on fine porcelain
Shown smaller than actual
diameter of 7⅞ inches
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A perfect setting for nature's tiny winged jewel... a Bradford Exchange recommendation



ring above a snowy hibiscus, one of nature's smallest ers is splendid in the morning sun. Encircling this por- ire bands of bright malachite green and lustrous gold unded by a border of hummingbirds and flowers. This rpiece by Lena Liu has been re-created on a fine porce- ollector's plate. "The Ruby-throated Hummingbird" is ible now—and it looks like a smart buy. Here's why it's dford Exchange recommendation:

he Ruby-throated Hummingbird" is an important first the first plate in *Lena Liu's Hummingbird Treasury* series W. S. George Fine China, an affiliate of the Bradford ange.

an impressive work of art, created from an original ing on silk by famed artist Lena Liu. Attesting to its rtance, each plate will be hand-numbered and accom- ed by a correspondingly hand-numbered Certificate ithenticity.

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*As reported in the Bradford Exchange Market Report, Volume IV-8.

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DISHING DI

THE LOWDOWN ON THREE OF THE MOST POPULAR BOOKS ABOUT PRINCESS DIANA—NOW OUT IN PAPERBACK. BY LAUREN DAVID PEDEN



	DIANA: HER TRUE STORY By Andrew Morton	DIANA: A PRINCESS AND HER TROUBLED MARRIAGE By Nicholas Davies	DIANA IN PRIVATE: THE PRINCESS NOBODY KNOWS By Lady Colin Campbell
AUTHOR WORSHIPS . . .	The poor, pitiful princess.	Neither. They're both complex people.	Charles. Di is manipulative and conniving.
SO WHAT'S THEIR PROBLEM? WELL, AMONG OTHER THINGS . . .	Charles is cold and unsympathetic. For example, when Diana once fainted from exhaustion, Charles "told her bluntly that if she was going to faint, she should have done so in private."	"To Diana, Charles was a fantasy figure; to Charles, Diana . . . would become the perfect princess," according to one insider. "Both were totally, inalterably wrong," writes Davies.	"The Prince of Wales is an intensely sexual man with overpowering sexual needs. Diana couldn't cope."
DI'S BULIMIA IS MENTIONED . . .	Repeatedly, and it's all Charles's fault.	Never, although it is suggested that Di may have had anorexia after William was born.	Often, and blamed for most of the problems in their marriage.
DI THREATENS SUICIDE . . .	Five times, without serious intent and always because she's depressed over her relationship with Charles. Methods include a razor blade, a lemon slicer, a penknife, a glass display cabinet and a fall down a flight of stairs.	Once, when she is utterly distraught and overwhelmed by loneliness. She takes some pills but immediately realizes the enormity of what she's done and forces herself to vomit.	Halfheartedly, three times, in cheap bids for attention. She uses a lemon slicer, a penknife and pills; she also slips down a few steps while pregnant with William and lies there, unhurt, until the Queen Mother comes along.
THE GOOD MOTHER?	Unquestionably. "Diana has attempted to bring up her children as normally as possible," writes Morton. "She was determined that her children would never be deprived of the cuddles and kisses that she craved when [she was] young."	Yes and no. "Diana was grateful that she had her sons," the author says. "[But] she found herself criticizing and berating her husband, [and] the more she did so, the more she drove [him] away from herself and the Princes."	Absolutely not. "She uses the children as a way of getting back at Prince Charles," says one insider. "If those boys don't grow up to be emotional messes like her, it will be a miracle!"
WHAT'S DIANA REALLY LIKE?	"She is a woman who has been under great strain, and who has failed to find the support that she's craved . . . from her husband. She's gone through an awful lot." (Pocket Books)	According to one insider, "There is no way that a woman in her position could not turn out one day to be a b-i-t-c-h. What surprised us is how quickly she has become one." (Bantam Books)	"She is a spoiled brat who was led to believe that she could get anything she wanted . . . and that if you don't indulge her, you are a horrid, evil person." (St. Martin's)

LIZA MINNELLI

Born a star

This year Liza Minnelli turns forty-seven—the same age her mother, Judy Garland, was when she died from a drug overdose twenty-four years ago. And according to Wendy Leigh, author of the new unauthorized biography *Liza: Born a Star* (Dutton, January), Liza is still haunted by that tragic memory. There are painful similarities between the two women: Both great entertainers peaked at an early age, and like her mother, Liza endured several unsuccessful marriages—and many affairs—as well as repeated struggles with drugs and alcohol. But while there was no second act in Garland's life, Liza has relentlessly, and successfully, battled her own demons. (She's checked in twice at the Betty Ford Center and once at Hazelden.) "It's remarkable that Liza has managed to survive and transcend her problems," says Leigh. "[This year] is a landmark she should be proud of."



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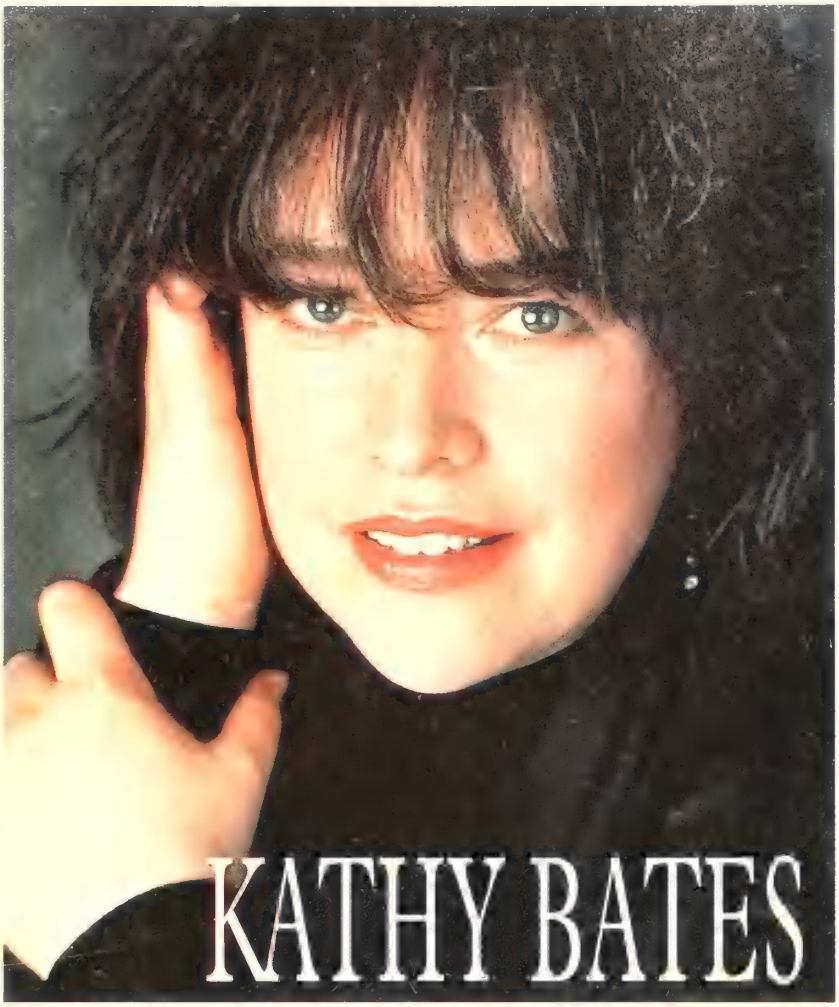
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LH13



KATHY BATES SWEET SUCCESS

After years of being overweight and undervalued, she's finally hit the big time. Now she talks about what it's like to be an "ugly duckling" turned star

BY MELANIE BERGER

Kathy Bates shows up for an interview—held on familiar territory in her publicist's Los Angeles office—with her own tape recorder, a few bottles of seltzer and some ice. She's dressed in a soft, purple-and-white Indian-print pantsuit, her newly clipped hair a choppy mix of black and gray. Her face is thinner, warmer and more delicate than it appears onscreen, and she greets a reporter with an open hand and a welcoming smile. The recorder, she explains, isn't meant to rattle the interviewer; it's there so that "later, if I'm obsessing about it, I can play back what I said and see that it was all right. I'm kind of paranoid that way."

At forty-four, Bates is still as fearful as a shy teenager of saying the wrong thing. She measures her words carefully, wary of making the same kind of snap judgments that have so often been made about her (fat, unhappy, ugly duckling). When she speaks, the Tennessee twang that coats her voice does so lightly; it says, "I'm from Los Angeles now. But I haven't forgotten my roots."

She admits she's still not a true Hollywood insider and laughs at the memory of the 1990 Academy Awards ceremony, when she won Best Actress for her role in *Misery*: "Jodie Foster, who was sitting in front of me, had to tell me when the best time to go to the bathroom was!"

But while Bates's name is only now becoming as recognizable as her face, *(continued)*

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she's fast becoming one of the very few character actresses who can get top billing—and top dollar, reported to be more than $1 million per movie—at the box office. "In the case of *Misery*," she says with proud understatement, "it was unusual to have a character actress play the lead in a film and have it do so well." Her performance as the vengeful Annie Wilkes was so good, in fact, that some people wondered whether Bates could play anything but the ultimate fan from hell. As if to prove her doubters wrong, she refused to fall into the trap of many an Oscar-winning actress, basking in her success and waiting around for her next starring role. Instead, she took small, well-crafted parts, from a prostitute, in Woody Allen's *Shadows and Fog*, to a devoted daughter, in *Prelude to a Kiss*.

And when she did choose her next big part—in last year's sleeper hit *Fried Green Tomatoes*—her poignant portrayal of a frumpy housewife won the hearts of American women. So powerful was Bates's acting, in fact, that many of her fans found it hard to believe that this was the same woman who had been so cruel to James Caan in *Misery*.

This month the actress shifts gears yet again, starring in *Used People*, a blue-collar family drama, with Shirley MacLaine, Marcello Mastroianni and Jessica Tandy. Bates plays MacLaine's daughter, and the two have the kind of stormy-but-loving relationship that's agonizingly familiar to mothers and daughters everywhere. "It's about how we take each other for granted or try to live each other's lives," Bates explains. "[Shirley's and my] relationship is painful at times, but there's some resolution—an uneasy truce."

Kathy enjoyed working with New Age-y MacLaine, who, she says, is "very out there. But I admire her courage to speak her ideas whether others agree with them or not." She also loved being reunited with Tandy (her wise older friend in *Fried Green Tomatoes*), who, like Bates, spent years as a Hollywood outsider before finally hitting it big. "In a way, our relationship offscreen is similar to the one we had in *Tomatoes*," Bates says with affection. "She has a lot of dignity and a lot of class."

The same could be said of Bates, who was long considered too hefty for Hollywood stardom. (Bates admits that she is her own worst enemy when it comes to dieting, because she can't "take control" of her body.) Between 1986 and 1991, she lost three roles she'd created on Broadway to younger, thinner and ostensibly more beautiful screen stars: Sissy Spacek, in *'night, Mother*, Diane Keaton, in *Crimes of the Heart*, and Michelle Pfeiffer, in *Frankie & Johnny*. Yet Bates is not bitter. She remains tactfully resigned about the star system: "Hollywood has [meant] glamour for years, and that's been part of its allure."

Ironically, though, Kathy's everyday looks ultimately worked to her advantage: None of the movies she lost out on were hits, and, were she a lithesome beauty, Rob Reiner might never have cast her in *Misery*. As it was, after seeing her in a play called *Aunt Dan and Lemon* six years ago, he knew he'd found his leading lady. "I was lucky," Bates says with a laugh, "that Rob Reiner goes to the theater."

Southern roots

Bates has been going to—and acting in—the theater for as long as she can remember. The rebellious product of an all-girl school in Memphis, she fell in love with the stage at Southern Methodist University. After graduating in 1969, she followed a few friends to New York, working the usual assortment of would-be actors' odd jobs while looking for the one good part that would definitively launch her career. A few years slipped by before Bates realized that she wasn't being serious enough. "I

"I feel very lucky," says Kathy. "I've had a lot of luck in this crazy business."



was working at the Museum of Modern Art, and they asked me if I would like to start studying to be an accountant," she says wryly. "That's when I left. I thought, Wait a minute; this isn't what I want to do. Back up."

From that point on, she supported herself solely through her craft. In the beginning, that included bit parts in soap operas and *The Love Boat*; she even played a duck with an itinerant children's theater group to get her Actors' Equity card. "That was my silliest role," Bates says ruefully. "[We played] every school in Virginia, and some in North Carolina. It was tough."

By the mid-seventies, she'd garnered the lead in an off-Broadway play, but three years later, her first stab at Hollywood—in Dustin Hoffman's *Straight Time*, a gripping film about a professional thief—was unsuccessful. The movie was highly praised but unprofitable, and Kathy soon found herself doing the familiar repertory-theater grind once [illegible]. In 1981, however, the hard work fi[nally] paid off: She starred in *'night, Mother*, [and] more Broadway success quickly follo[wed].

Love and marriage

Along the way she met fellow actor [illegible] Campisi, now forty-three years [old]. Eleven years into the relationship, C[am]isi asked Kathy to marry him—and [although] then she wasn't quite sure whether [she] should. "I said yes," she remembers, [lat]ter-of-factly, "and then I got cold [feet] and we couldn't find a time to sche[dule] the wedding." The two finally mana[ged] a spur-of-the-moment union in 1991.

Despite her misgivings, Bates says [her] new arrangement feels surprisingly r[ight]. "Marriage makes things seem more [offi]cial and a little more important. W[e're] best friends. We laugh a lot." The co[uple] has adjusted to life in Los Angeles, [but] they haven't given in to the town's [leg]endary materialism; their new hou[se] small and cozy.

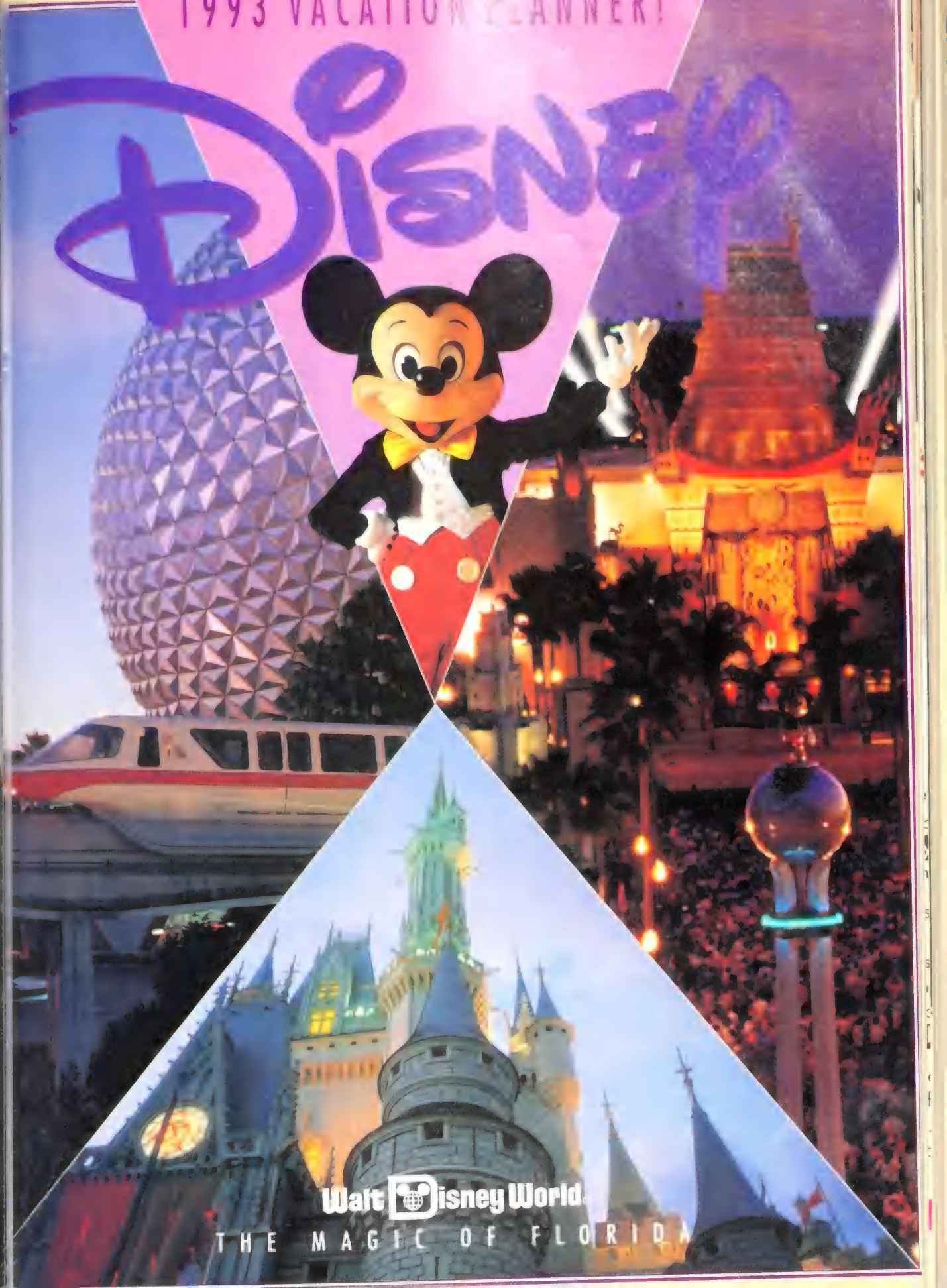
A devoted "mom"—to her thirte[en]-year-old dog, a Yorkshire terrier na[med] Pip—Bates is unapologetic about [not] having had any children. "It's just [not] something I think I would have enjo[yed] doing, and I'm much too old now," [she] says pragmatically.

But there are other regrets in her [life] like her frequent, inevitable separati[on] from her husband. Even though t[hey've] moved from New York to Los Angele[s] 1985 to be closer to Bates's work, the[y're] often apart. "He comes to locations w[here] he can, and I visit him when I can, [but] it's difficult," she says sadly. "The[re's] just no easy way to deal with it. [We] spend a lot of time on the phone."

She also misses her father, who die[d] few years ago. "My mom was forty-[one] when she had me, and my dad w[as] forty-eight," she recalls. "That had [its] difficulties—growing up in the sixt[ies] while my dad was born in 1900. [It] wasn't always easy, but we work[ed] through it. I'm sorry that he was[n't] around to see the final leg of my s[uc]cess." The youngest of three gir[ls], Kathy spends much of her time w[ith] her mother and older sister, both [of] whom live near her in California.

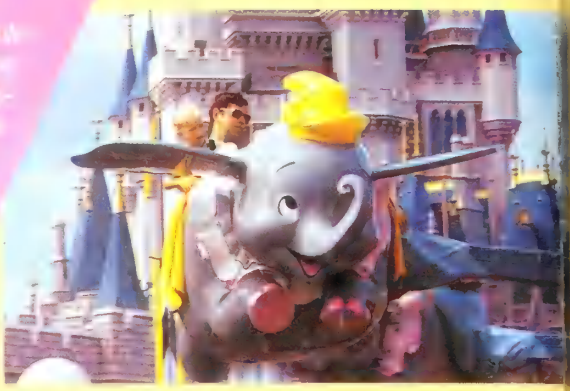
Right now, though, Bates doesn't ha[ve] a lot of free time to spend with anyo[ne]. With her eye on more than just acti[ng], she has begun reading scripts a[nd] putting stories in development. "Getti[ng] involved from the very beginning, g[et]ting a scriptwriter and director interest[ed] and putting a package together myself, [is] interesting—a whole new door openi[ng] for me," says the actress. "So, yes, I f[eel] very lucky. I've had a lot of luck in t[his] crazy businesss."

Melanie Berger is an assistant editor [at] Ladies' Home Journal.


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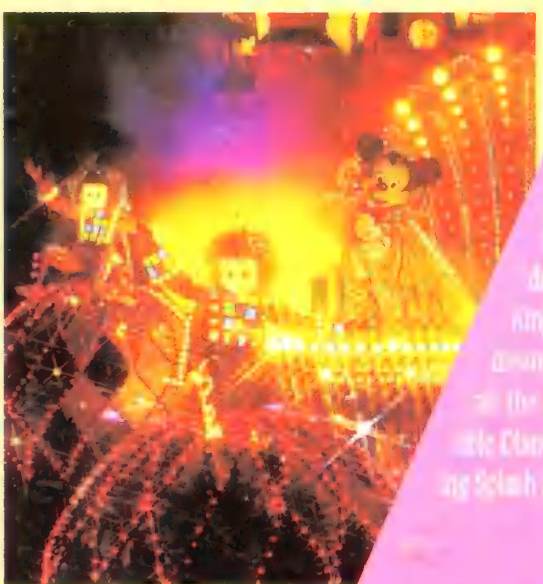


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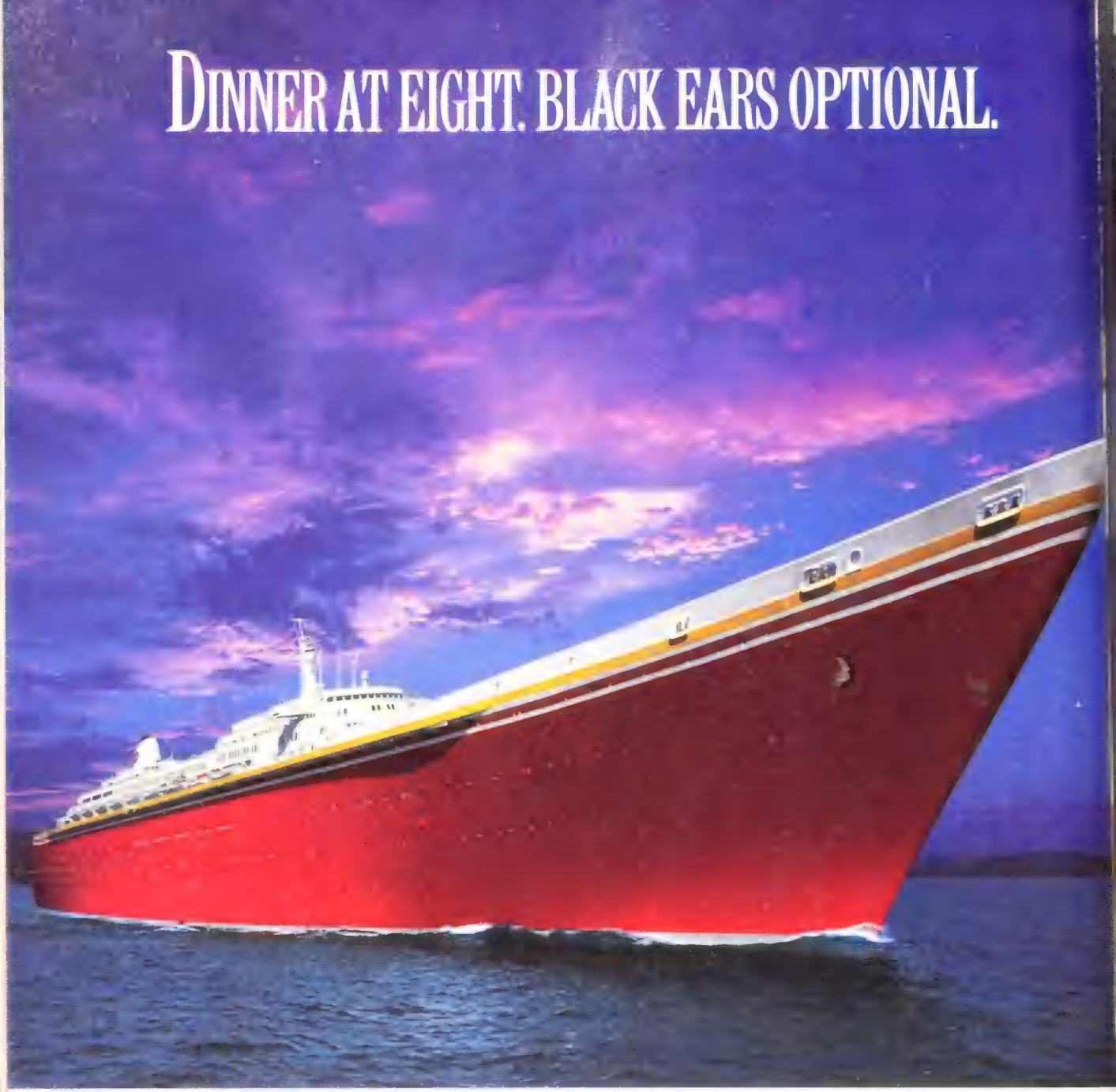


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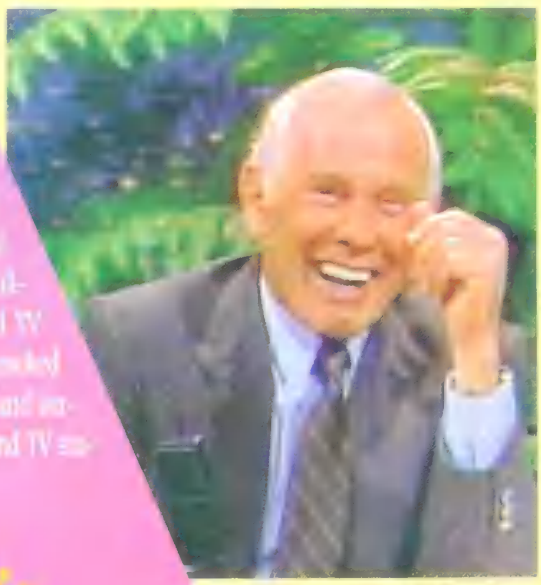
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Canisters shown left to right: *Barnyard Hero, Timid Little Sister, Little Goat Herder, In Tune.* Shown much smaller than actual size of approximately 6½", 5", 8½" and 7½" in height (from bottom to top of knob).

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Sure to become the centerpiece of your kitchen!

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ıe beloved M.I. Hummel figurines e-created on porcelain canisters.

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Please accept my reservation for *The M.I. Hummel Canister Collection*, four porcelain canisters hand-decorated with 23kt gold. I need send no money now. I will pay for my collection in six monthly installments of just $38.25*, the first due before shipment. If not satisfied, I may return my collection within 30 days of receipt for refund or replacement.

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All orders subject to acceptance

Name to print on Certificate of Authenticity (if different from above)

Please allow 4 to 8 weeks after initial payment for shipment

477ELH1

What men find SEXY



Do all men desire only the buxom and leggy cover-girl type? What really drives men wild? We decided to ask them.

● I think watching a woman get really dressed up can be very sexy. Women are even sexy when they eat.
—Randy Eaves, 39, an entrepreneur in Los Angeles

● **I like a healthy body, not anorexic or like a rail. The women in Victoria's Secret catalogs are the definition of sexy—big eyes, full lips, healthy bodies.**
—Rob Stone, 27, an investment banker in Manhattan

● *Watching a woman put on sheer stockings is sexy—slowly, one leg at a time.*
—Sean Fitzpatrick, 27, works for an international shipping company in Anchorage

● Shoes are a big thing for me. It's not whether they're high heels, but shoes have got to be decent, not shabby and worn. I probably have kind of a shoe fetish.
—Randy Segal, 43, a wholesale tobacco and candy distributor in St. Paul

● Here's what I think is sexy: being greeted at the door by a woman in black or white silk lingerie; women who are up for making love in unusual places, such as in an airplane or outside; women who work out with great intensity in the gym and get all sweaty in their leggings and leotards.
—Don Albaum, 49, advertising sales executive and restaurant and bar owner in Detroit

● *What I find very sensual is a woman's voice and her hands. I like a woman who's intelligent but soft-spoken. I don't like long nails. I don't care for makeup or perfume or nail polish. I think natural-looking women are very sensual.*
—Rex Brice, 25, a chef in the Boston area

● Happy eyes and a big, friendly smile are most important, along with nice, long, shapely legs. I like suggestive clothing, but not too revealing, because I like to use my imagination.
—Bill Hugo, 31, an entrepreneur in Manhattan

● **If a woman is very healthy—has a nice body, skin radiance, muscle tone—it adds to her sex appeal. When a very confident woman, who's wearing a tight outfit and is comfortable with her body, walks by, that lingers in your head. Sexy is a woman's ability to occupy a second more of your thoughts.**
—Todd Maibach, 30, owner of a science-equipment company in the San Francisco Bay area

—Lynn Prowitt

MAKING UP

YOU VOTED FOR CLINTON; SHE VOTED FOR BUSH. CAN THIS FRIENDSHIP BE SAVED?

You're a Democrat; she's a Republican. You had a heated argument before the election and haven't spoken since. Here's how to get past the conflict and regain the friendship.

1. Cool off. Don't try to discuss the subject while you're both still furious. This will just provoke another sparring match. When you no longer feel angry, ask if she's ready to talk.

2. Agree to disagree. Acknowledge that you have very different views, and neither of you is likely to change her mind. "We don't have to agree with our friends on everything," says Arlene Kagle, Ph.D., a clinical psychologist in New York City. In fact, according to Kagle, friendships with people who have different views are beneficial. "If you speak only to people who think like you, you never learn anything," she says.

3. Don't let it ruin your friendship. Steer clear of sensitive issues for the sake of preserving the bond. Concentrate instead on those common interests that drew you together in the first place. "One way to handle conflict is to avoid it," says Linda Sapadin, Ph.D., a psychologist in Valley Stream, New York. "Politics may just not be that relevant to the friendship."



—Nadia Zonis



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You can feel better about menopause, right down to your bones.

While it's true that menopause is as natural as puberty was, it can seem a bit frightening. And doctors tell us that loss of estrogen at menopause accelerate bone loss, which can lead to postpausal osteoporosis. In just the first seven years menopause begins, you could lose up to 50% of all one mass you'll ever lose.

Estraderm® Can Help Stop Bone Loss

cium-rich diet and exercise play an important part eventing osteoporosis. Estraderm can help, too. derm is a clear patch that delivers estradiol gh your skin into the bloodstream, similar to the our ovaries did before menopause. Sometimes the can cause skin irritation, although this happens often when it's worn on the buttocks.

Benefits Vs Risks Of Estraderm

nportant to balance risks against proven benefits. derm has been used safely by millions of women lieve hot flashes, night sweats, and other menopausal symptoms. And a study at the Mayo Clinic has confirmed that Estraderm can halt bone loss and prevent postmenopausal osteoporosis. Of course, this doesn't mean that Estraderm is for every woman. For example, pregnant women should avoid estrogen therapy. Also, estrogen therapy has been associated an increased risk of uterine cancer. Women should their doctor if they have ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any cardiovascular disease.



"HE PATCH" ONMEDICATED E IS INCLUDED THE FREE RMATION PACK.

Important Issues To Discuss With Your Doctor:

Q. Am I at risk for postmenopausal osteoporosis?

—All women will lose some bone during menopause. But some will lose more than others. You should discuss osteoporosis and the benefits and risks of estrogen therapy with your doctor as part of your regular checkup.

Q. What can I expect from Estraderm as part of an osteoporosis-prevention program?

—This depends on when you start therapy, the condition of your bones when you start, and how long you continue. You should remember that a calcium-rich diet and exercise are also an important part of an osteoporosis-prevention program.

A Free Menopause Information Pack

A complete menopause information pack (with facts about postmenopausal osteoporosis) and a sample nonmedicated patch to try are yours for the asking. Just call 1-800-521-CIBA, or send this coupon.

To receive your free menopause information pack, mail to CIBA, P.O. Box 907, Spring House, PA 19477-9945

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ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM
AVAILABLE IN 0.05 MG AND 0.1 MG STRENGTHS

See next page for additional important information.

Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

Now The Change Of Life Doesn't Have To Change Yours.

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Important Information on Estraderm Continued from Previous Page

Estraderm®
estradiol transdermal system
Continuous delivery for twice-weekly application

BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT).

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk of osteporosis have not been established.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives*
There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert printed below.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake is decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change in menstrual flow; increase in size of uterine fibromyomata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting, abdominal cramps, bloating; cholestatic jaundice have been observed with oral estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

DOSAGE AND ADMINISTRATION

The adhesive side of the Estraderm system should be placed on a clean, dry area of the skin on the trunk of the body, (including the buttocks and abdomen). *Estraderm should not be applied to the breasts.* The sites of application must be rotated, with an interval of at least 1 week allowed between applications to a particular site. The area selected should not be oily, damaged, or irritated. The waistline should be avoided, since tight clothing may rub the system off. The system should be applied immediately after opening the pouch and removing the protective liner. The system should be pressed firmly in place with the palm of the hand for about 10 seconds, making sure there is good contact, especially around the edges. In the unlikely event that a system should fall off, the same system may be reapplied. If necessary, a new system may be applied. In either case, the original treatment schedule should be continued.

Initiation of Therapy

Treatment of menopausal symptoms is usualy initiated with Estraderm 0.05 mg applied to the skin twice weekly. The dosage should be adjusted as necessary to control symptoms. The lowest dosage necessary for the control of symptoms should be used, especially in women with an intact uterus. Attempts to taper or discontinue the medication should be made at 3- to 6-month intervals.

Prophylactic therapy with Estraderm to prevent postmenopausal bone loss should be initiated with the 0.05 mg/day dosage as soon as possible after menopause. The dosage may be adjusted if necessary to control concurrent menopausal symptoms. Discontinuation of estrogen replacement therapy may reestablish the natural rate of bone loss.

In women not currently taking oral estrogens, treatment with Estraderm may be initiated at once. In women who are currently taking oral estrogen, treatment with Estraderm should be initiated 1 week after withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

Therapeutic Regimen

Estraderm therapy may be given continuously in patients who do not have an intact uterus. In those patients with an intact uterus, Estraderm may be given on a cyclic schedule (e.g., 3 weeks on drug followed by 1 week off drug).

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each 10 cm^2 system contains 4 mg of estradiol USP for nominal* delivery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083-2310-08
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083-2310-62
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083-2310-24

Estraderm 0.1 (estradiol transdermal system)—each 20 cm^2 system contains 8 mg of estradiol USP for nominal* delivery of 0.1 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083-2320-08
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083-2320-62
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083-2320-24

*See DESCRIPTION.

Do not store above 86°F (30°C).
Do not store unpouched. Apply immediately upon removal from the protective pouch.
C91-37 (Rev. 9/91)

CIBA

CIBA Pharmaceutical Company
Division of CIBA-GEIGY Corporation
Summit, New Jersey 07901

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Top priorities: getting what you want

If you're like most people, your New Year's resolutions fade quicker than holiday poinsettias. A better way to reach your goals: Prioritize the things you'd like to achieve. Unlike resolutions, which are often just wishes, setting priorities forces you to examine what's most important to you. Once you've zeroed in on your goals and ranked them on your year's to-do list, you're less likely to become overwhelmed and give up.



To reach *your* top goals this year, follow this strategy:

*1) **Think things through.*** "The more thought you give the priority, the more successful you're apt to be," says Ronald Nathan, Ph.D., a professor in the department of family practice at Albany Medical College.

*2) **Be realistic.*** "When asked why their New Year's resolutions failed, people say it's because they took on a giant goal," says John Norcross, Ph.D., professor and chair of the psychology department at the University of Scranton, in Pennsylvania. A better approach? Break the priority down into possible-to-achieve levels, so you'll be more likely to succeed.

*3) **Map it out.*** Write down a plan for achieving your priorities. Setting a time limit can also help. If you're looking for a new job, decide that by January 30 you'll write your resume and by February 15 you'll apply to several companies.

*4) **Reprioritize.*** Reassess your list. "Ask yourself, 'What if the next six months were [my] last? Are there things I should take care of now, others that I can delete?' " says Nathan.

*5) **Ask for help.*** You're more apt to stick to a diet, for example, if you do it with your husband or a friend.

*6) **Reward yourself.*** If getting in shape is your goal, and you've worked out three times this week, treat yourself to a movie.

—PATRICIA GREENE

BEATING THE POST-HOLIDAY BACK-TO-WORK BLUES

NOW THAT THE FESTIVITIES ARE OVER, THINGS MAY SEEM A LITTLE GLUM. HERE'S HOW TO GET BACK INTO THE ROUTINE WITHOUT FALLING INTO THE DOLDRUMS

IF YOU'RE:	WHY DON'T YOU:
DE-ENERGIZED	● Exercise when you get up in the morning—you'll start the day feeling invigorated. ● Turn on the radio and sing along—an instant pick-me-up.
LONELY	● Call a friend you didn't get a chance to visit with over the holidays and have a long chat. ● Volunteer at a hospital, nursing home, animal shelter or a charitable organization.
BORED AT WORK	● Buy yourself some new work clothes during all the after-the-season sales. You'll look great and feel better. ● Have lunch with someone other than your usual office friends.
FEELING BLUE	● Plan a Super Bowl party. Having something to look foward to will lift your spirits.

Healthy obsessions

You crave something you know you can't—or shouldn't—have, whether it's fattening food, a cigarette, even a lost love. So you try not to think about it, hoping the urge will go away. But according to Daniel M Wegner, Ph.D., a psychologist at the University of Virginia, in Charlottesville, forcing yourself not to think about the object may actually intensify the agony. The best way to get over it, he says, is to obsess a little.

"It's better to talk about it. Once you do, you think it through," says Wegner, who has been studying thought suppression for ten years. "Eventually, you get it out of your system."

Wegner's most recent study looked at the effects of thought suppression on lost love. Seventy college students were asked to think about an old flame, and later were asked not to think about the person. When the students still longing for their past love were told to suppress their thoughts, they displayed intense physiological reactions including physical stress.

"Trying to put strong feelings out of your mind only increases your emotional reactions to those thoughts," Wegner says.

If you can't find a friend to talk to, writing your thoughts in a diary or speaking them into a tape recorder helps you to release anxiety and sort out feelings. If these methods don't work, therapy may be the answer.

—BEATRICE CHOW

The road to self-esteem



The key to happiness and success is getting rid of all those negative thoughts and feeling good about yourself. Here's how to build self-esteem—and be a stronger, more confident person

BY CLAIRE SAFRAN

Money can't buy it. Success doesn't ensure it. The most unexpected women, from Princess Di to Gloria Steinem, don't have enough of it.

It's self-esteem, the catchword of the nineties. A few years ago, virtually no one talked about it; today everybody wants some. Self-esteem is being touted as the universal fix-it for women who eat, drink or love too much. It's the cure-all, experts tell us, for addictions, co-dependencies and other emotional problems.

But exactly what is self-esteem? The bottom-line definition: the state of feeling fine about who you are, deep down in your soul. According to the National Council for Self-Esteem (NCSE), in Sacramento, California, self-esteem is "the experience of feeling that you're worthy of happiness and capable of managing life's challenges." Less officially, it's a feel-good combination of self-confidence (e.g., having the gumption to ask for a job promotion or a raise) and self-respect (the inner grit that keeps you going, no matter what the answer).

Self-esteem is elusive, changeable, hard to get and harder to hang on to. It's an idea that's turned into an industry, spurring thousands of scientific studies in the last ten years, according to the NCSE, shelves of popular books and magazine articles, and hundreds of workshops and conferences.

"Self-esteem isn't everything," says Gloria Steinem. "It's just that there's nothing without it."

This month, Steinem's best-seller, *Revolution From Within: A Book of Self-Esteem*, is due out in paperback (Little, Brown). In the book, she admits to a lifelong struggle with "inner feelings of incompleteness, emptiness, self-doubt and self-hatred."

Her confession may be the worst news yet to come out of the self-esteem movement. She's telling us that a woman of her achievements, international acclaim, outer strength and, yes, good looks, can still be drowning in self-doubt. *(continued)*

JOSHUA

by FayZah Spanos

e'll play soon, Sparky, but first I must study my A-B-C's!"



he expert sculpting is nt in *Joshua's* remarkable lifelike feet.



's puppy, book of A-B-C's Amish hat are included at no additional charge.

Doll shown smaller than actual seated height of approximately 10" including his hat.

The road to self-esteem

continued

A national crisis?

The cold, hard truth about self-esteem is that hardly anyone has all she needs all the time. The lack of it affects people in different ways. For some, low self-esteem is a roadblock to love, work, friendships and adventure. For others, like Steinem, it's a malevolent inner editor, allowing them to function, but deleting the joy from achievements, erasing the pleasure from public applause, taking the meaning out of success.

It's no coincidence that Steinem's book and a gaggle of others arrived this past year. We are in the midst of "a national crisis of self-esteem," says Susan Schenkel, Ph.D., a clinical psychologist in Cambridge, Massachusetts, and author of *Giving Away Success* (HarperPerennial, 1992). "As a nation and as individuals, we're apprehensive," says Schenkel. "We're not sure if we can rebuild our cities, our schools, our economy or our private lives. I see strong, confident women who are unemployed for the first time, and they are shattered. 'What's wrong with me?' they ask. They don't blame the recession; they blame themselves."

This is also the era of the recovery movement, which started in the eighties and then exploded in the nineties, with more and more support groups for alcoholics, battered women, incest survivors and victims of other traumas. "Here were rooms full of people in pain, talking about feeling bad, struggling to repair their sense of themselves," says Schenkel. "Whatever the problem, self-esteem seemed to be a large part of the cure, and that helped give birth to a new movement."

For women, self-esteem is *the* issue of the day. In the nineties, as we keep trying to have it all, many of us have reached "role overload," according to Maisha Hamilton Bennett, Ph.D., psychologist and president of Hamilton Behavioral Healthcare, a counseling and consulting firm in Chicago. "We're struggling against a backlash that blames us if we're not perfect at all our roles—marriage, child rearing, lovemaking, working, even saving the whales. So we've got all those balls in the air—and we feel like failures if we drop just one of them."

A growing body of research shows that many more women than men are feeling bad about themselves. According to a 1990 survey by the American Association of University Women (AAUW), from grade school to graduate school, women do as well as or better than men academically, but their self-esteem plummets over the years. When they start school, a healthy majority of both boys and girls say they are "happy the way I am." By high school, it has dropped to 46 percent for boys and only 29 percent for girls.

Girls languish in schools, according to the AAUW, because they get far less attention, praise and encouragement than boys do. It may be the squeaky-wheel syndrome—noisy and restless boys demanding the teacher's attention—but being ignored and bypassed takes its toll on female self-esteem. So do puberty, sexual pressures and the effort to compete with the airbrushed, siliconed models in all those beer and blue-jeans commercials.

Even the best and brightest women start to wonder about themselves. In a 1987 University of Illinois study of high school valedictorians, both sexes won good college grades, honors and scholarships. When they graduated from college, one fourth of the men still thought they were "far above average," but none of the women would say that about themselves.

As adults, the pattern continues. Twice as many women as men suffer from severe depression. According to Donald L. Nathanson, M.D., a prominent Philadelphia psychiatrist and author of *Shame and Pride* (W.W. Norton & Co., 1992), classical depression (one kind of severe depression) is linked to weepiness, morbid thoughts about the future and guilt (bad feelings about what you've done). Atypical depression, another type of severe depression, more common than its name suggests, is linked to low self-esteem or deep shame (bad feelings about who you are). Outwardly, some people with this form of depression seem to be functioning well, but they are haunted by an inner bleakness. This is the form of depression that didn't respond to traditional medications, but doctors are now reporting good results with the drugs Prozac and the newer Zoloft.

"The typical man always thinks he's this side of Robert Redford, and the typical woman never thinks she's thin enough or good enough."



False perceptions

For many women, the trait that blossoms from low self-esteem is self-criticism—especially of their bodies. In one psychological test, people are shown an array of body silhouettes, ranging from skeletal to obese, and asked to pick the one t closest to their own. No matter what actually weigh, men tend to pick a houette that's two or three sizes thi Women, whether they're anorexic, mal or overweight, point to a silho two or three sizes larger. "The ty man always thinks he's this sid Robert Redford," explains Carol Bu Ph.D., director of the Women's Rese Institute at Virginia Polytechnic I tute & State University, "and the ty woman, trying to live up to all those dia images, never thinks she's enough or good enough."

That out-of-focus body image was of Steinem's problem. Men pursued and other women wanted to look her, copying her clothes, her avi glasses, her cascade of long hair. along, she was squinting in the mi and seeing the forlorn "pudding-fa child she used to be.

Like so many things, self-esteem back to childhood. Most of us star with a good supply of it. But even as bies, while every little success builds self-esteem, every little failure can away at it. "For a little child, succes failure is in the eye of the beholder— parent," explains Nathanson. "The t ble is that on a scale of one to ten s parents want to behold a twelve.

"Some measure their child by imaginary ideal. Others just can't h comparing her or him to other child Who walks or talks sooner? Who's pr er? When she lives up to the parent's al, the child feels pride, the emotio healthy self-esteem. When she falls sh she feels shame, a sense of being de tive and unlovable, the emotion of self-esteem."

As we move through life, the comp isons continue. So does the need for proval—and the struggle to hang o our self-esteem. "Think of self-esteem a moving point on an axis," sugge Nathanson. "It's the distance betw your ideal self and the self you see at moment." The trick, he says, is to both these selves clearly. Some peo like Steinem, underestimate their curr selves, and so the gap seems wide and of shame. Others overestimate the id Is it your personal best, tailor-made your own desires and abilities, a goal can realistically chase after? Or is false idol, hammered together with the "oughts" and "shoulds" from pare and teachers, friends and employe lovers and fashion ads?

How to feel better about yourse

The first step on the long, winding r to self-esteem is to take a personal inv tory. Nathanson urges his patients make as long a list as possible of th positives, both big and small. Can y operate a VCR? Are *(continu*

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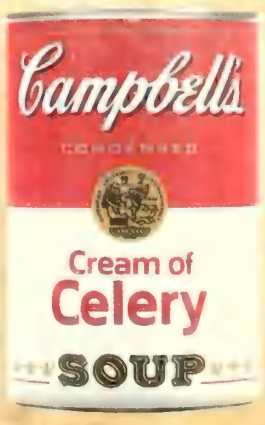


Glorified Pork Chops

PREP TIME: 5 MIN. COOK TIME: 35 MIN.

1 tbsp. vegetable oil
6 pork chops, 1/2-inch thick
1 can (10 3/4 oz.) Campbell's® Cream of Celery Soup
1/4 cup water
Hot cooked rice with peas

1. In skillet, in hot oil, cook *half* of the chops 10 min. or until browned. Remove; set aside. Repeat with remaining chops. Spoon off fat.
2. In skillet, combine soup and water. Heat to boiling. Return chops to skillet. Cover; cook over low heat 10 min. or until chops are no longer pink, stirring often. Serve over rice. 6 servings.



©1992 Campbell Soup Company

Mm! Mm! Good!

The road to self-esteem

continued

you raising two wonderful children? Are you a good neighbor? A hard worker? A faithful friend?

When something goes wrong—whether it's a social gaffe, a missed job promotion, a lost love—consult that list. "That way," says Nathanson, "you can isolate the event. You can see it as a specific experience, not something that defines your whole life. You can look at it as a particular failing, one trait among many others, an individual mistake that is part but not all of you.

"The cure for low self-esteem is to be specific about what has happened," he continues. "Are you crestfallen? Head bowed? Longing to run and hide? You can deny it, get angry, try to drown it in drink or food. Or you can name the feelings and face the flaw that's been exposed. Then, instead of giving up on yourself, you can think about what you need to change and how you want to improve."

Once you've admitted those painful feelings, chase them away by doing something nice for yourself, Nathanson says. Treat yourself to lunch with a friend who cares for you—and lets you know it. Start a new hobby or take a course—something that will give you a small taste of success, giving you a dose of "situational self-esteem," as therapists call it.

Bouts with self-doubt are part of life, and with time, most of us get over them. For some people, though, low self-esteem is chronic, as nagging as a toothache, as persistent as cellulite. "Some people may have a chemical imbalance, and they are the ones who need medication to help them through their remorseless, shame-loaded depression," says Nathanson. "Many others, though, can be helped by talking with a caring spouse or friend or therapist. Perhaps they grew up in a shaming, name-calling family. Perhaps they had a series of bad experiences, or a single great trauma that hasn't been worked through.

"These people need to confront their experiences and process them. Perhaps they'll find the mistake they made, confusing a single experience with a global view of themselves. Perhaps they'll learn to see themselves more clearly, both who they are today and who they want to grow up to be."

All of the steps toward better self-esteem begin by taking some action. That can mean changing your thought patterns, your surroundings, even the people around you.

To make positive changes in her life, Gloria Steinem had to end a love affair that required her to be less than herself. To feel more deserving, she redecorated her apartment, changing it from a crash pad to a real home. In mid-life, she underwent treatment that let her get the glasses she'd been hiding behind since sixth grade. At the same age, another woman, depressed about the progress of her career, went back to school to pursue an MBA.

"That's self-esteem," says Nathanson. "It's the courage to act, even if you may humiliate yourself all over again. The real shame is to do nothing."

Claire Safran is a free-lance writer in Newport, Connecticut, who writes frequently about women's issues.

Eight ways to boost your self-esteem

1. ***Be realistic.*** "Your personal best is good enough," says psychiatrist Donald Nathanson. For instance, take the attitude of a woman who plays tennis with another woman who, she says, is younger, stronger and faster than I am. It could be a weekly exercise in humiliation because I seldom win. Yet it's a challenge; it forces me to raise my game. If I've played well, I can walk away feeling good about myself no matter what the score."
2. ***Don't be materialistic.*** "One way to measure ourselves is by the things we have," says psychologist Mary Bennett. "What kind of house or car? What shape body? What color hair and eyes? To be honest, these material things can make us feel a little better. But genuine self-esteem comes from interpersonal and spiritual yardsticks. Ask yourself: What do I have to give to this world? Whom do I love, and who loves me? Am I in touch with a sense of purpose in my life or a higher power?"
3. ***Imagine success.*** Even if you're not feeling confident, act as if you are, urges Bennett. Conceive it. Believe it. Start each morning with a vision of yourself doing all the right things at work, at play and at home. Bennett says that this works for many of her clients. Champion athletes also swear by this technique of "imagining." Olympic skiers picture themselves at the top of the mountain, then speeding down it in perfect form; in other words, they mentally rehearse the act of winning.

cus on your accomplishments. Each evening, re- :he successes you had that day, says Bennett. :an be big things—such as closing a major deal at or running three miles for the first time—or small , such as making a child laugh. Remind yourself the things you did well in communicating, relating ers, loving yourself. Look in the mirror, and read st of accomplishments aloud.

ke action. Set goals for yourself, advises clinical ologist Susan Schenkel, then figure out how to ve them. Do you want a neater house? What room u start with? If you want a better job, what skills do eed? How can you attain them? Get into the habit ıking strategically.

positive. Cognitive therapy is a growing move- to help people feel better by thinking better. For ce, in divorce, self-esteem sinks. You may think, I Nothing ever works out for me. No one will ever ne again. With practice, you can learn to answer negative thoughts with healthier ones. Write down ings that *have* worked out for you. Make a list of ımily members and friends who do think you're while. Tell yourself that if this man loved you in the another man can love you in the future.

editate. Close your eyes, breathe deeply, think of eful, pleasant things. Then, as Gloria Steinem sug- , call up your inner child. Does she make you feel or shame? What's hurting her? In your deep medi- , try to imagine giving your inner child what she s—a hug, a reassuring word, a sense of being . "It's never too late to have a happy childhood," Steinem.

ke care of your health. Eat well and exercise often, Schenkel. Don't let negative images lead you into cting yourself. One of the things that builds self- m is feeling strong, healthy and full of energy.—*C.S.*

For your information

find out more about self-esteem, experts suggest following books:

olution From Within: A Book of Self-Esteem, by ria Steinem (Little, Brown, 1993).

ame and Pride: Affect, Sex and the Birth of the f, by Donald L. Nathanson, M.D. (W.W. Norton & , 1992).

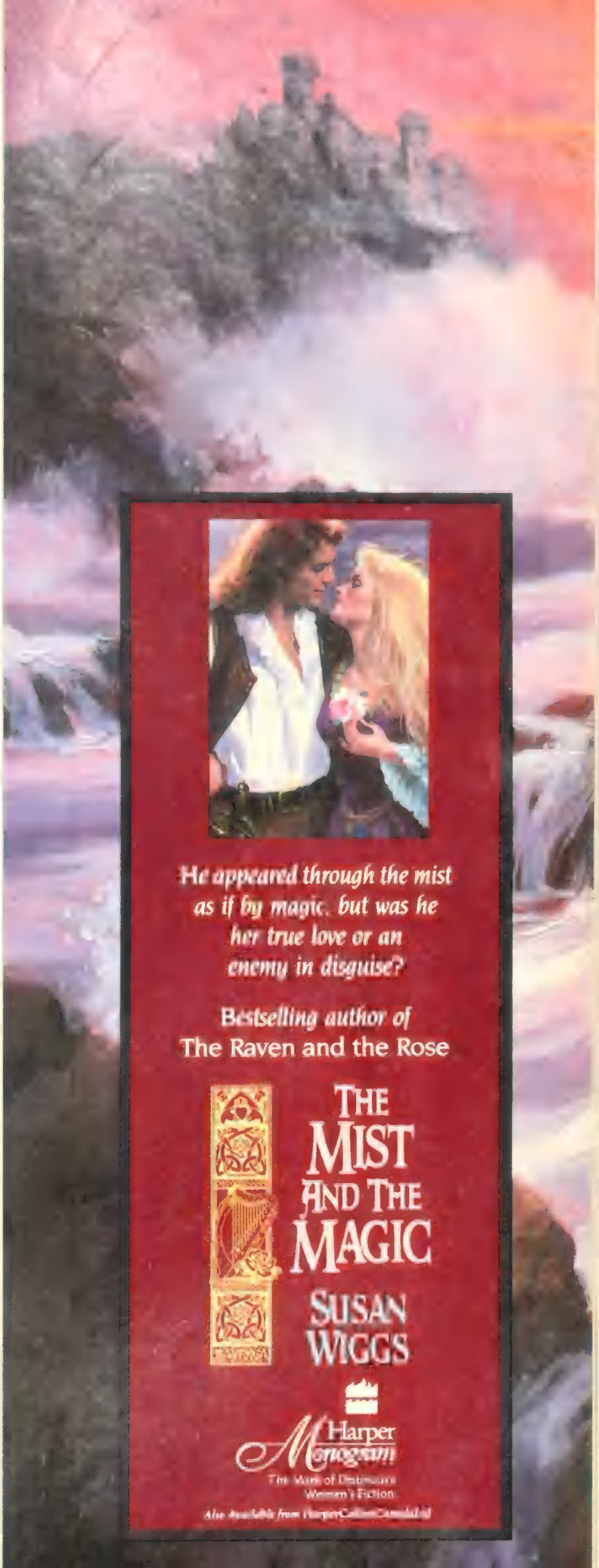
e Feeling Good Handbook, by David D. Burns,). (Plume, 1990).

ing Away Success: Why Women Get Stuck and at to Do About It, by Susan Schenkel, Ph.D. arperPerennial, 1992).

e Power of Self-Esteem, by Nathaniel Branden ealth Communications, 1992).

men & Self-Esteem: Understanding and Improving Way We Think and Feel About Ourselves, by Linda Sanford and Mary Ellen Donovan (Penguin, 1985).

f-Esteem, by Matthew McKay, Ph.D., and Patrick nning (New Harbinger, 1987).



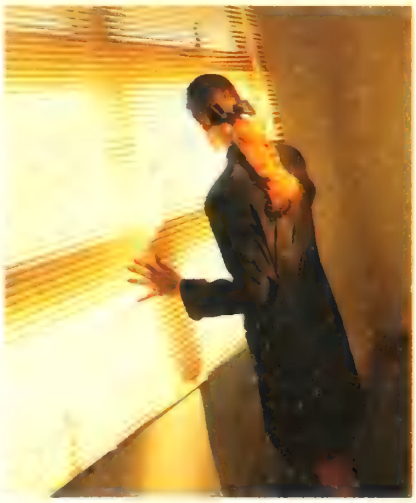
Frank talk about the most intimate aspects of our lives

"I'm running from the law"

I may have gotten away with embezzlement, but the hell I'm living is, in its own way, worse than any jail

Please don't judge me too harshly when you read my story. I've been in hiding for four years because of my crime, and one day I'll have to face the punishment I deserve. In the meantime, my family and I must live with the dreadful consequences of my act.

In a nutshell, I was a desperate divorced mom struggling to raise my twelve-year-old son and ten-year-old daughter. Although I was in my thirties, college-educated and from an upper-middle-class background, the only job I could find was bookkeeping work that paid just $135 a week—hardly enough for a family of three.



There was no help out there for me. My ex-husband never gave me a cent of child support. I couldn't ask my parents for money; they had long ago disowned me after a family dispute. My earnings made me eligible for food stamps, but not welfare, and I couldn't afford medical insurance.

Then in the summer of 1989 I contracted hepatitis, which left me so dehydrated and ill that I was actually hallucinating. I went to the hospital and was diagnosed, but they wouldn't admit me because I had no insurance. I couldn't even stay home and rest; my boss was tough on employees who took days off. I dragged myself to work the next day, feeling as though I might die. Sick, alone and with no apparent alternatives, I made the worst decision of my life.

One of my job duties was to make daily bank deposits—and the cash involved was usually quite a large sum. As I looked at all the money that day, something in me just snapped. Ignoring my conscience and deep religious beliefs, I wadded up three $20 bills and stuffed them in my pocket. Just this once, I vowed. I'd replace the money out of my next paycheck, and that would be it.

Needless to say, I never kept those promises. The $60 bought me a doctor's appointment, but I required six months' worth of expensive medicine, and I continued to steal to pay for it. Then I figured that, while I was at it, taking a little more cash would pay for other things we badly needed: food, school clothes, doctor and dentist visits for my kids, the overdue electric bill. Because I was the only one responsible for the department's money, it was easy to avoid being caught.

Like an addict needing a fix, I couldn't stop. Soon, I was embezzling from the company every day. I felt ashamed every time I pocketed the bills, but I justified my crimes by telling myself that if only I were paid enough to live on, I wouldn't have to stoop to this. Before I *(continued)*

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knew it, I had stolen $10,000 over a period of eight months.

Then the inevitable happened. My supervisor walked into my office one day and told me there would be an audit of my department in two weeks. I almost fainted. I'd never be able to return all that money before the investigation.

That night I cried until the tears wouldn't come anymore. I went to church, lit a candle and tried to pray, but it was useless. I felt so embarrassed, guilty and full of self-hatred that I couldn't find solace in religion. I didn't sleep for days. I barely functioned at work.

I went to an attorney for a free fifteen-minute consultation. A single mother herself, she extended the complimentary session to two hours. She explained that if my company prosecuted me—which they undoubtedly would—I faced up to two years in jail and full restitution, plus fines, court costs and her $2,000 fee.

Then I consulted a social worker, who said that I could arrange to have my children put into foster care while I went to court and served my time. However, I would have to prove myself a fit parent afterward, and there was a chance that I'd never get my kids back again. That was wrenching. How could I risk forever depriving my children of their mother—the only one in the world who loved them?

I went back to the attorney, who ventured a startling suggestion, completely off the record. "Run. Just run. Take your kids, lose yourself, and don't look back," she said. "But be aware that if you're caught, you'll be charged with flight to avoid prosecution, and the penalty will be stiffer."

After hours of anguished thinking, I decided to follow the lawyer's advice. I never intended to hide for the rest of my life, but I wanted to see my children through high school. Then they'd be independent, and I could turn myself in. When I explained the whole story to my shocked children, they asked, "Why did you have to do that?" They were upset and angry about having to leave their friends and home, yet they understood that the alternative would be living without me.

Going into hiding was a fairly simple matter. Before sunrise one morning, I prayed to God to keep my family together and safe, then packed the car and quietly moved us to a state hundreds of miles away.

Once we moved, I avoided giving my address or phone number to anyone. I stopped using credit cards. I couldn't open a bank account, and used my Social Security number only to apply for jobs.

But though I may have escaped one form of jail, I was still imprisoning myself in a terrible trap of fear, guilt and paranoia. For the first six months after I moved, I couldn't even step out of the front door without looking both ways. I never took the same route anywhere in case anyone was following me.

I was once considered a loyal worker, but now I had to quit jobs frequently, for fear of being traced eventually through my Social Security identification, and had to turn down high-paying positions from companies that ran criminal background checks.

My personality changed, too. I became suspicious of everyone, burst into tears at a moment's notice and worried so much that I made everyone around me miserable. I suffered ailments from migraines to stomach trouble to depression that required therapy.

The only bright spot in my life was the wonderful man I met two years ago through one of the jobs I'd taken. Though falling in love was the last thing on my mind, I couldn't resist accepting when Sam* asked me out on our first date. It had been a long time since I had laughed or relaxed, and he seemed so nice.

When Sam proposed to me, I ran out of the restaurant. How could he ever love me once he found out I was a criminal?



Many dates later, during a romantic dinner, Sam gave me a ring and told me that he wanted to spend the rest of his life with me and my children. I was so confused and frightened that I ran out of the restaurant and hailed a taxi home. How could he ever love me once he found out I was a criminal?

After dodging Sam's calls and letters for weeks, I found him waiting for me one night as I came home from work. He looked miserable, and I could tell he had been crying. "I know you love me," he said. "I don't know what has caused you to end our relationship this way, but please tell me so that I can at least go on with my life."

I owed him that much, at least. I invited Sam in and unburdened myself for three full hours. Instead of leaving e, though, he took my hands in his. "Ey," he said, "what you did was wr but you'd never have done it if you been thinking clearly. You were vuln ble and ill. You need a support syst Please marry me and let me help."

Convinced that Sam would stan me, I said yes, and we were married months later. We decided that the needed time to get used to a new fat so I would continue to stay in hidi order to be there for them.

Life is far from rosy, however. sought God's forgiveness, but I d think I will ever be able to forgive m for what I've put my family through.

I love my husband dearly, and his and strength are a great help; yet at ti I wish we had never married. I can' the wife he deserves when I'm so men ly and physically fragile. I take my f tration and fear out on him, and I d have much desire to make love. Sam been wonderfully patient and support still, I can't help wondering how l he'll put up with me.

I feel worst of all about the way t has affected my children. What sho have been a happy youth for them lonely and tension-filled. My son, o outgoing and active in sports, is no withdrawn young man who won't try for teams or go on dates. He's afraid w have to move again—despite my ass ances that we won't—so he doesn't w to risk being close to anyone. No amo of encouragement will persuade him talk about his feelings.

My fourteen-year-old daughter, on t other hand, takes her anguish out drastic ways. Last year, I was pan stricken when I found a suicide note s had written. It said, "My mom needed run from her problems. Well, I'm taki after my mom. I'm running away fro my problems and going to hell, where belong." Thank God I found the note b fore she had a chance to carry out h plans. Therapy is helping her throu her depression, but words can't descri the agony I still feel.

I hope that my story will make oth women think twice before taking wh seems to be the easy way out of a diff cult situation. Stealing didn't solve m dilemma, and becoming a fugitive h just made everything worse. I feel lik a mouse in a maze, hitting a wall at e ery turn.

I get up every morning wondering this is the day they will come for me. I g to bed each night thanking God for le ting me be with my family for anoth twenty-four hours. But once my childre are old enough, I'm going straight to th authorities. After what I've been throug jail would be a relief. ■

**Name has been changed.*

CHRYSLER LEARNING CONNECTION

ASCD tion for Supervision riculum Development

aft

MAKE READING A FAMILY AFFAIR

EADING OGETHER FOR A CHANGE

a child in the second grade d two books a day for a year? ıbters, meet Melissa Aders, the d fourth-grader in Huntsville, a. When Melissa was a first- she and her classmates were ged to read 21 books in 10 weeks. met the challenge in three nd never looked back. Over the o years, with her mother and s keeping score, she devoured ıan 1,600 books.

ıing Start,® the program that d Melissa's reading rampage, is ıundreds around the country that excite kids about books. Most of these efforts are local in scope. Others, like Running Start (developed by Reading Is Fundamental, Inc., for the Chrysler Corporation Fund), touch children throughout the nation.

Whatever their size, all of these programs have a common goal: getting children and parents to share books. No activity does more than reading aloud to prepare a child for success in school. Yet all too many parents rarely make time for it. In fact, the **AFT/Chrysler Report on Kids, Parents and Reading** found that only one-third of all parents read to their children daily.

What keeps so many parents from doing more? Many blame their hectic schedules, uncertainty over what to read and their kids' short attention spans. (For more on the AFT-Chrysler Report, see 'What We Learned,' page A3.)



Do these problems sound all too familiar? Here are seven ways you can solve them with your child's teachers.

Continued on page A10

DON'T WAIT FOR THE SCHOOL TO INVOLVE YOU

INVOLVE THE SCHOOL

ow can parents strengthen school-home links of communication? We put that question to Dr. Joyce Epstein, co-director of the Center on Families, Communities, Schools and Children's Learning at the Johns Hopkins University.



You want parents and teachers to work closely together. Why? Because family environments are vital to children's achievement and attitudes. And schools can ıp parents shape those environments. In one study we did in Baltimore, children made real gains reading when their teachers involved the parents in learning activities. Most of the parents eded to be taught what to do. **Continued on page A2**



WIN $1,000 FOR YOUR LOCAL SCHOOL LIBRARY!

Visit your local Chrysler-Plymouth, Dodge or Jeep-Eagle dealer and you'll qualify for a free video—*Learn at Every Turn*. And that's not all. Any school you designate has a chance of winning $1,000. See page A11 for details.

A LETTER TO PARENTS

Dear Parent:

It's amazing how the little things seem to count the most. Reading aloud to kids 15 minutes a day, for instance, can give them positive feelings about reading that will last a lifetime.

And one-on-one chats about topics kids care about can help create powerful readers. That happens because listening and talking, like writing, prepare children to lift meaning and joy from the printed page.

Clearly, no skill is more important than reading. And when it comes to fostering love for reading, absolutely nothing is more effective than the family.

At Chrysler, we're so sure of that, we're funding a major effort to strengthen school-home ties. This special advertising section marks the start of that effort: the Chrysler Learning Connection.

Two pacesetters in educational reform have worked hard to help make this program succeed. One is the American Federation of Teachers (AFT) and the other is the Association for Supervision and Curriculum Development.

Together we hope to focus your attention on the simple things. Like a teacher talking to a parent. Or a parent reading to a child. It's with little acts like these that we invent the future.

Robert J. Eaton
Vice Chairman,
Chief Operating Officer
Chrysler Corporation

Association for Supervision and Curriculum Development

INVOLVE THE SCHOOL

Continued from page A1

Q: Is parent involvement only important in the early grades?

A: Not at all. When families stay informed and involved through the high school years, their children do better in school and have higher aspirations. So if you have 20 minutes to spend with your child, guidance in how to use that time can be very helpful.

Q: Where should this educational guidance come from?

A: I put the responsibility on the school. But very few teachers or administrators are trained in this. That's got to change.

Q: How can busy parents fill the gap?

A: At least once a week, you can ask your children to show you something they learned in school so that you can celebrate a new skill at home. Most people ask their children, "How was school today?" That's silly. It's far more productive to say, "Tell me something interesting you learned in science tod

The trick is to focus in an informal way on your child as the learner, demonstrator or shower.

Q: What else can parents do?

A: They could help promote better partnerships by saying to administrat and teachers, "Maybe we should work this together. What can we do?"

Q: Parents should take the lead?

A: Absolutely. Don't wait. But think about how to foster a real partnership that promoting better school-home connections becomes a common goal.

S YOUR CHILD

READY TO LEARN?

and dads welcome the job of getting r children ready to learn. But just re does that responsibility end? At kindergarten door?

Absolutely not," says Dr. Peter allum, head of elementary education ecil County, Maryland. "As kids get r, they need you as much or more as n they were little. They may be er. They may say they don't want . But they want it and need it. You have to change along with your dren in the way you deliver support advice."

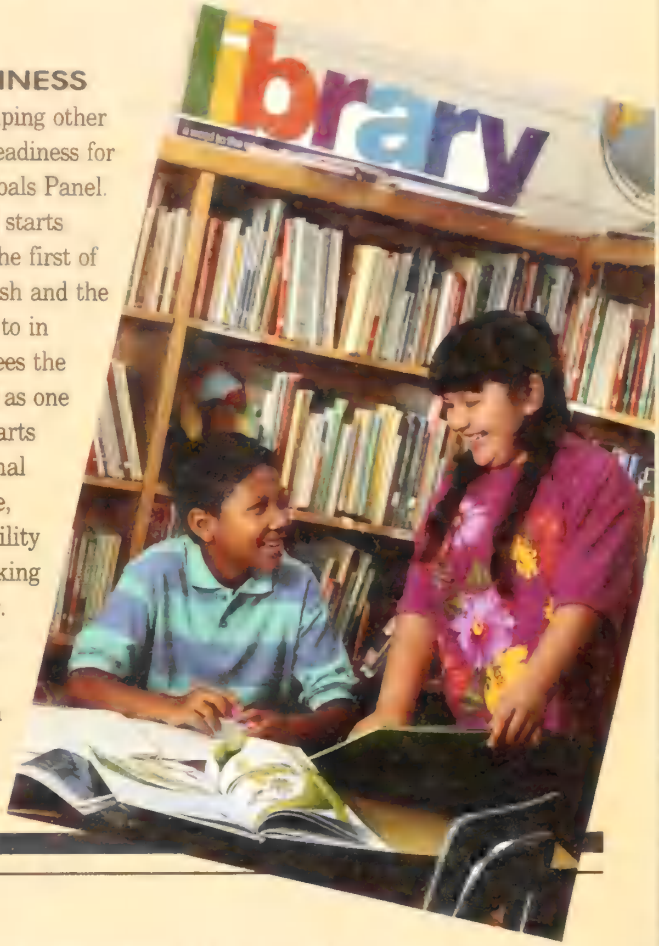
r. Ernest L. Boyer agrees. "It's one g to get children ready for dergarten," says Boyer, president of Carnegie Foundation for the ancement of Teaching and the hor of the book ***Ready to Learn.*** t the question then becomes, 'Are y ready to keep moving?' "

o make sure your child is ready, Dr. er says, stay in close touch with your d's teachers. "Sustaining that partnership is critical. One reason students fall behind is because the partnership is dropped."

DEFINING READINESS

Currently Dr. Boyer is helping other scholars define learning readiness for the National Education Goals Panel. (Making sure "every child starts school ready to learn" is the first of the six goals President Bush and the nation's governors agreed to in 1989.) Dr. Boyer's group sees the child's physical well-being as one part of readiness. Other parts include the child's emotional maturity, social confidence, general knowledge and ability to use language. "Just looking at general knowledge," Dr. Boyer remarks, "it's clear that a parent's job never ends, if only to point out a growing flower."

But to him the real test of learning readiness is language ability. "This ability is important before kindergarten," he says, "and it's important when children are 6 to 10 years old. I used to say that in order to strengthen learning, first comes love, then language. That's still true. It's what good parenting is all about."



WHAT WE LEARNED

Most parents are well aware of the crucial role reading will play in their children's futures. Yet most admit they're often short of ideas and time when it comes to helping their children become better readers.

These are two of the insights drawn from the AFT-Chrysler Report on Kids, Parents and Reading, a nationwide survey conducted last spring by Peter D.

Nearly nine out of 10 parents feel that teachers want them actively involved in their children's schooling.

Only half of all parents feel really capable of helping their children with reading. The confidence level dips to 39 percent with math and to 8 percent with science.

Despite the need parents have for guidance regarding their children's education, our survey found that just 21 percent talk regularly with their children's teachers.

In response to these findings, Chrysler is offering parents a free video and booklet designed to sharpen teaching skills in the home. Both suggest dozens of ways you can help your child develop a lifelong love of

THIS CHANGES EVERYTHING.

Its cab-forward design has made the new Intrepid a car like no other. Pushing the wheels out toward the corners enhanced stability and handling. And enabled us to make the doors wider and the rear seating roomier.



Moving the leading edge of the windshield six inches forward and three inches lower significantly improved aerodynamics and reduced wind noise. There's less room required for machinery, there's more room available for people.

And now that we've seen what's possible in a four-door sedan, we can't see building one any other way.

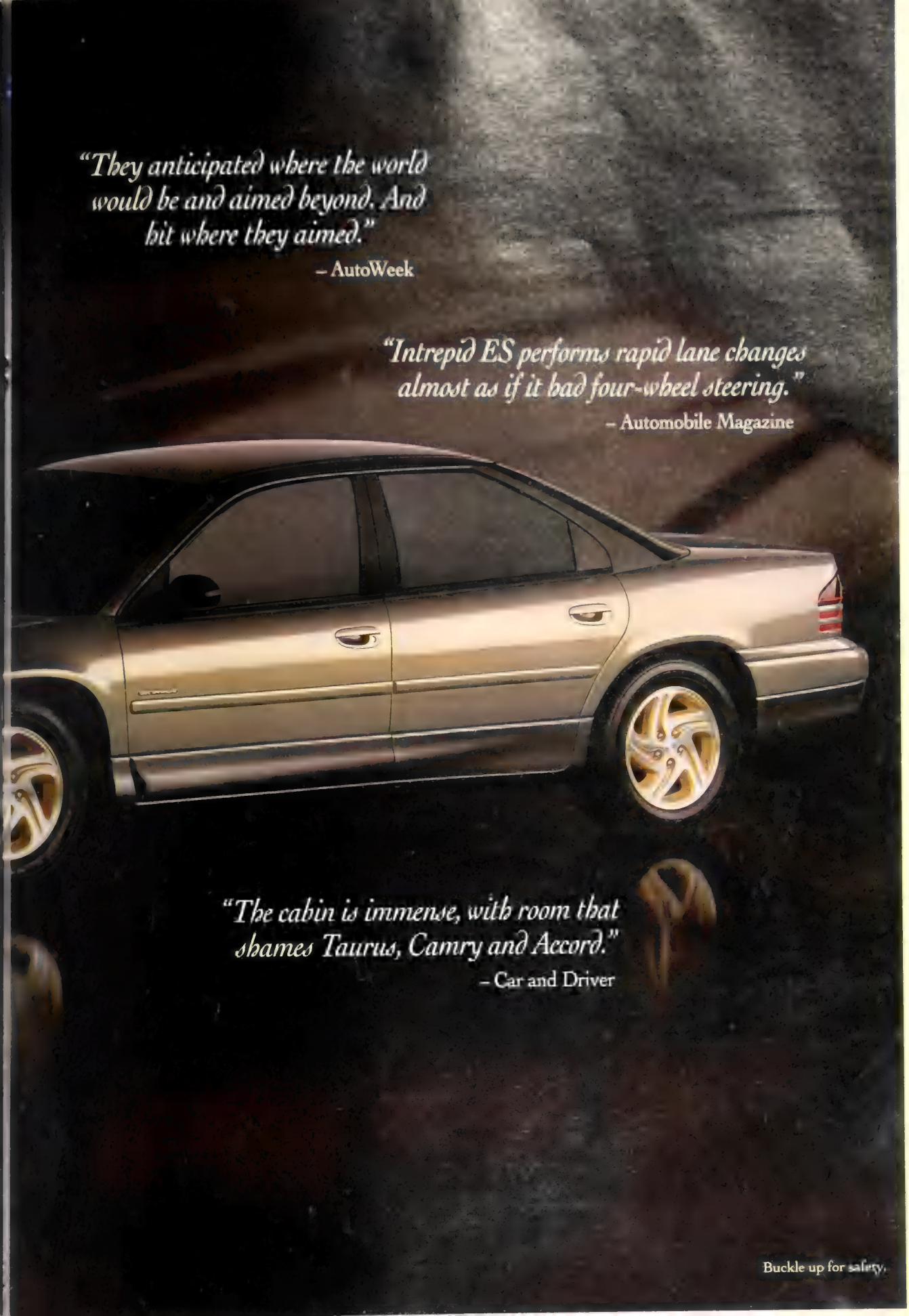
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– Automobile Magazine
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– Car and Driver
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PARENTS' BOOKSHELF

- *Any Child Can Read Better*, by Harvey S. Wiener (Bantam, 1990)
- *Choosing Books for Children*, by Betsy Hearne (Delacorte, 1990)
- *Comics to Classics: A Parent's Guide to Books for Teens and Preteens*, by Arthea Reed (IRA, 1988)
- *The New York Times Parent's Guide to the Best Books for Children*, by Eden Ross Lipson (Times Books, 1990)

LISTEN TO THIS

What's the most important thing any parent can do? According to Jim Trelease, the Johnny Appleseed of the read-aloud movement, the answer is a simple one: "Read to a child."

Trelease has labored nearly 15 years to plant that thought—long held by educational researchers—in parents' minds. His "gardener's tools" have included talks, audio tapes, articles and two popular books, ***The New Read-Aloud Handbook*** and ***Hey! Listen to This***. Today, the practice of reading aloud is accepted by teachers and most parents as basic to educational reform.

Trelease views reading aloud as a "commercial for reading." "In school most reading experiences are test experiences," he says. "A parent's reading aloud shows a child that for every ounce of sweat in learning how to read, there is a pound of pleasure waiting for him when he learns."

Set aside a special moment for a story every day, he suggests. "Try just a few minutes at a time to start. You don't want to have a hostage on your hands. But the real danger is that a child will grow up never being read to at all."



3 TIPS FOR TV USE

- Limit TV viewing. Children who become good readers work at it. Free up time for reading.
- Make the most of the TV budget. Encourage planning. Help your child choose what to see. Aim for balance.
- To counter passive viewing, talk about the shows your child watches. Any characters she'd like as friends?

10 FAVORITE JIM TRELEASE READ-ALOUDS

Picture Books:

- ***Tomie dePaola's Mother Goose***, by Tomie dePaola (Putnam)
- ***An Evening at Alfie's***, by Shirley Hughes (Lothrop)
- ***Sylvester and the Magic Pebble***, by William Steig (Simon & Schuster)
- ***Ira Sleeps Over***, by Bernard Waber (Houghton Mifflin)
- ***The Whingdingdilly***, by Bull Peet (Houghton Mifflin)

Short Novel:

- ***Stone Fox***, by John Reynolds Gardiner (Crowell)

Classic Novel:

- ***A Little Princess***, by Frances Hodgson Burnett (Puffin)

Popular Novel:

- ***James and the Giant Peach***, by Roald Dahl (Knopf)

Young Adult Novel:

- ***Hatchet***, by Gary Paulsen (Bradbury)

Poetry:

- ***Where the Sidewalk Ends***, by Shel Silverstein (Harper)

OME IS WHERE EADING HAPPENS



. spring, 141 high school ors were named idential Scholars, and it McIntosh of iamston, Michigan, was of them. His selection—a free trip to the White se—capped a year in ch the 18-year-old ed a perfect 36 on the ., a college admission ; graduated with a 3.99 le-point average (out of ssible 4.0); and nered letters in football, ketball and track.

he day Brent's selection announced, his mother, rley, attributed her son's cess to the Williamston ool system. "I give the chers and counselors ch, much credit." ut a talk with her eals another source of Brent's standout success. She and her husband, Carl, laid the groundwork by making their home a place where reading happens.

Morning Read-Alouds

Reading aloud, experts believe, contributes more than anything else to a child's reading success. Brent and his younger sister, Beth, were read to regularly when they were young. "We would sit in the family room," Shirley McIntosh recalls, "and I would read to them for 10 to 15 minutes before sending them off to school in the morning."

Shirley and Carl both read a lot for pleasure and work. Educators advise that other parents do the same, for children are great imitators. "Make a time for reading," says Jean Osborne of the Center for the Study of Reading at the University of Illinois. "Make it important. And praise your child's reading activity."

Books and Paper

The McIntosh home was always well-stocked with things to read. "Libraries are wonderful," says Osborne. "But a bunch of books around the house is what makes a reader."

Also, keep crayons, pencils, markers and paper on hand to help children develop a fascination with language and writing.

Osborne has a final bit of advice for parents who want to create readers. "Just turn off the TV," she says. "Make it a special treat for kids."

In the McIntosh home, the TV was kept in its place. "TV was never a prime entertainment medium for Brent and Beth," says their mother. "They were just too busy."

Ultimately, a child who loves reading is a child with choices. Brent McIntosh was accepted at Harvard and Duke University. But he chose to pursue his studies at the University of Michigan, where he received a full academic scholarship.

UESTIONS TO ASK YOUR CHILD'S TEACHER

'At what level is my child ading?" Parents whose children fall ind are often the last to know. ut teachers should always ow," says Dr. Barbara Fox, a ofessor of graduate studies in ading at North Carolina State.

- **"What books can you recommend for my child?"** Your child's teacher is your resident expert when it comes to children's literature. Be sure to take advantage of this priceless resource. Also ask about good books to read aloud.
- **"What areas does my child need to work on?"** Answers will help you tailor activities to your child's needs. For ideas, see Fox's book, ***Rx for Reading*** (Penguin, 1989), or H.S. Wiener's ***Any Child Can Read Better*** (Bantam, 1990).
- **"What is my child's greatest strength in reading?"** Knowing your child's strengths and weaknesses in reading lets you focus your efforts and energy on those areas where there is room for improvement.
- **"How well does my child understand what he reads?"** Comprehension problems often surface near the fourth grade, when books begin to focus on subjects that are new to children.

Ask the family who used



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Five years ago, Robert Bannister and his family had so many Hondas that Honda actually made a commercial about them.

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READ TOGETHER

FOR A CHANGE

Continued from page A1

1. Read to an Older Child. Last year Bonnie Taylor, a sixth-grade teacher at Rising Sun Elementary School in Rising Sun, Maryland, spotted a drop-off in parent involvement, and it bothered her. "Parents forget they can keep reading to their children," she says. "I read with my boys until they graduated from high school."

To encourage parents to stay involved, Taylor challenged sixth-grade parents in her rural school district to read to and with their children. She called her six-week program Pairing for Reading, and the 30 families who took part had the time of their lives.

2. Volunteer at Your Child's School. P.S. 41 in the Brownsville section of Brooklyn, New York, is in many ways a typical large-city elementary school.

But P.S. 41 is a very special place. Parents play an active role in running it, and every day 25 to 30 parent volunteers are on hand to help out. The school has a Parents' Resource Room that's stocked with books and tapes for parents to borrow. And two nights a week, 75 parents return to prepare for high school equivalency exams.

The school worked hard to make parents feel welcome. "We had to show teachers how to make parents part of the team," says Gary Wexler, P.S. 41's principal. "When we have a mother coming in at 2 o'clock, we make sure two kids are waiting for her to read to."

"If we can get parents in, we win," explains Wexler. "The only success we achieve comes from working together as a partnership."

3. Bring a Book to Life. Last year Michelle Bounds visited her daughter Molly's first-grade class in Merriam, Kansas, dressed as a spider. She was taking part in a local PTA project called Books Alive, which invites parents to assume the identities of the characters their children read about. Bounds dressed for a discussion of E.B. White's classic, ***Charlotte's Web.*** And she took along a scene-squealer—a runt-of-the-litter piglet borrowed from a farmer.



4. Make the School's Mission Yours. Because many parents in Franklinton, North Carolina, are nonreaders, teachers must work hard to extend the values of the school into the home. Last year they began to do that with a nine-week program called Story Mate.

Conceived by professors at North Carolina State University in Raleigh, Story Mate sends fourth-, fifth- and sixth-graders home with easy-to-read storybooks. Their assignment: Read the books to younger siblings or to neighborhood children.

For many of these reading missionaries, Story Mate provides a healthy shot of self-esteem. "You know," one fifth-grader marveled to his teacher, "those kids really listened to me!" Most however, the program helps child promote the magic of books—to themselves and nonreaders.

5. Block Out Some Uninterrup Reading Time. Last year in Wes Illinois, the principal of Maercker got 150 parents to spend 90 minu week reading with, not to, their c The principal, David Ivnik, gave t week program an unforgettable n Family SQUIRT. The acronym st for Super Quiet Uninterrupted Individual Reading Time. "Parent just amazed at how the program t their kids on to reading," Ivnik says. "They send me notes saying it's the greatest thing they've done in years and—best of all—that they'll keep doing it!"



6. Take a Course in "Kid Lit." In California's San Diego County, the Education Department sponsors reading work for parents of children ages 1 throu About 250 parents and teachers co the workshops in 50 schools, follow course of study called the Family Reading Program.

The workshops introduce parent everything, from poetry and fables folktales and nonfiction, and teach effective ways to read aloud. Paren also learn how to ask open-ended questions.

7. Stage a Reading Rally. The



n that got Melissa Aders hooked
ss, Running Start, has brought
ill of reading into 100,000 homes
ities. Now in its fourth year, the
m is the creation of Reading Is
mental (RIF), a national non-profit
A $3.1 million grant from the
er Corporation Fund pays for
ng Start, which challenges 1st-
s to declare themselves "readers
21st century" by tackling 21
in 10 weeks.
ning Start communities top off
ear with "reading rallies." These
events bring together
families, teachers and
authors to "send a
message," a principal
says, "that reading
makes you feel good."



Free Educational Video and Booklet!

CHRYSLER CARES

At Chrysler, we care about reading because we care about quality. Today the best cars and trucks are built by educated workers—people who love to read.



That's why we teamed up with the American Federation of Teachers and the Association for Supervision and Curriculum Development to bring you this special section. It's also the reason we're giving $1,000 to each of 50 school libraries serving grades 1—8.

Finally, it's why we created an innovative, 30-minute video called ***Learn at Every Turn*** and a 24-page companion booklet, ***Recipes for Reading Success.*** Both show how you can build reading fun into every family activity.

To help your children experience the joys of reading, take advantage of these two exciting opportunities:

1. Enter your favorite school in the Chrysler Library Awards Sweepstakes. Use the card attached to this special section to help your local school library win $1,000.

2. Send for a *FREE* video and booklet. While supplies last, Chrysler is offering every family a free copy of the video ***Learn at Every Turn.*** Use the attached card to get your copy, along with a free copy of the booklet. Have your Chrysler-Plymouth, Dodge, or Jeep-Eagle dealer sign the card and write in the dealership's number. Then mail the card.

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August 1, 1993. No responsibility is assumed for late, lost or misdirected entries. One entry per family. (All U.S. schools that serve students in any grade from 1 through 8 will be automatically entered one time.)

4. The 50 winning schools will be selected in a random drawing from all eligible entries received, under the supervision of Meredith Corporation, whose decisions are final, on or about September 15, 1993.

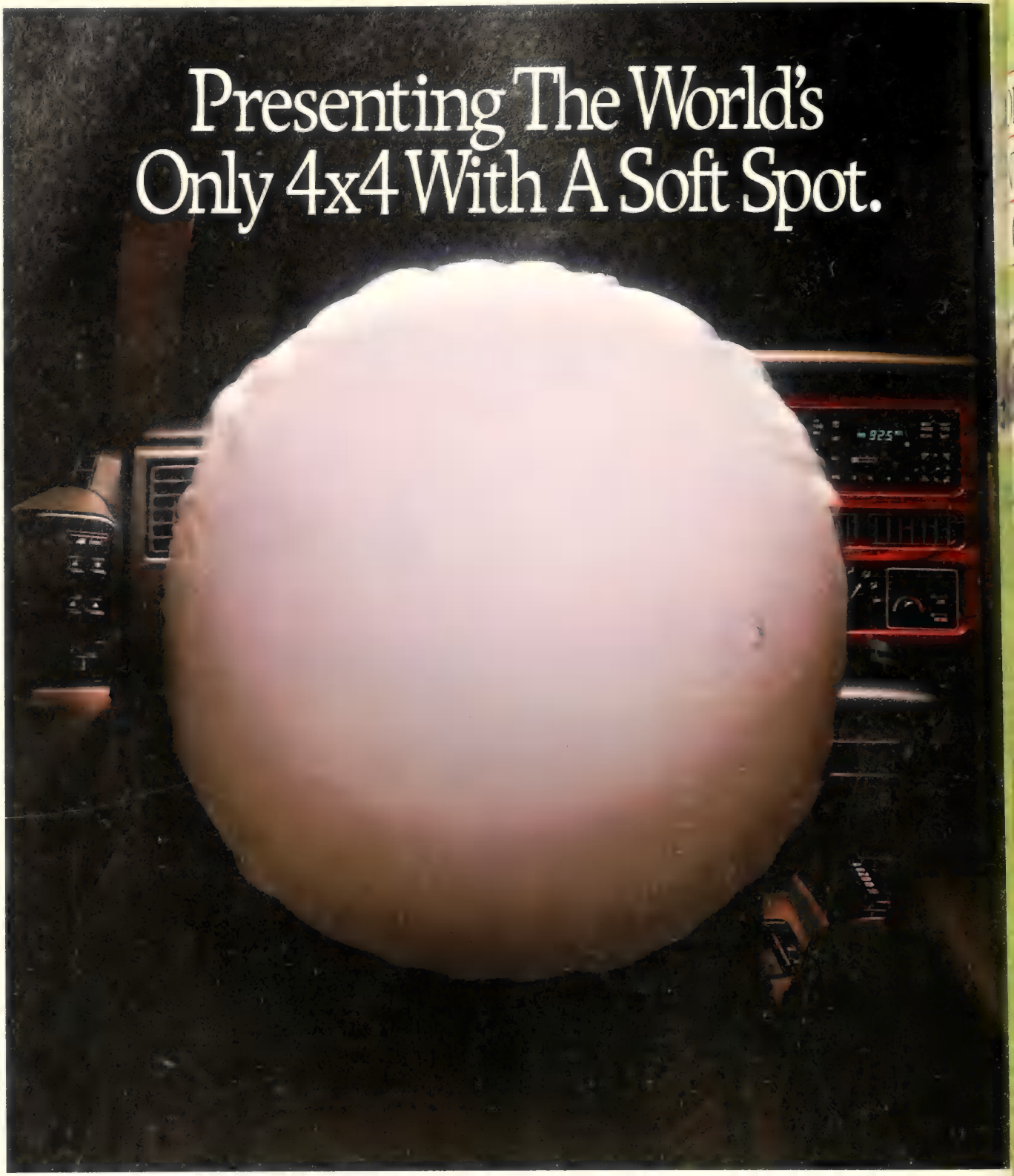
5. PRIZES: Chrysler Corporation will award $1,000 to each of 50 schools, which will be notified on or about September 15, 1993. Each award will be granted in the name or names of the individual(s) who made the winning nomination and must be used for the purchase of library books. Only one award per school. Odds of winning depend on the number of entries received. Applicable taxes are the sole responsibility of the winner. No transfers or substitutions of prizes.

6. All entries become the property of Chrysler Corporation. Principals of the winning schools will be required to sign an affidavit of eligibility and advertising release, which must be returned within 10 days of receipt of notification, or an alternate winner may be chosen.

7. The schools nominated for the award must operate in the United States. Nominators must be 21 years of age or older. Employees of Chrysler Corporation and Meredith Corporation and the families of each, their affiliated companies, advertising and public relations agencies or judging agency are not eligible to enter. Void where prohibited or restricted by law or taxed. Federal, state and local laws apply.

8. For a list of all 50 award recipients, send a stamped, self-addressed envelope to Chrysler Library Award Recipients List, P.O. Box 8195, Clinton, IA 52736.

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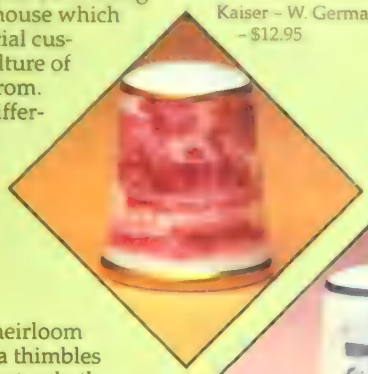
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Thimble Collectors Club

Please send my first thimble and enroll me in the Thimble Collectors Club. Every other month I will receive two thimbles from the world's great porcelain houses, but I need only pay for one thimble per month. I may return any thimble within 10 days for a refund, and either party may cancel this agreement at any time. I will receive a pewter windmill thimble as my gift for joining, sent with my third thimble shipment.

Name _____
PLEASE PRINT CLEARLY

Address _____

City/State _____ Zip _____

Payment Options (Check One):

☐ Bill me, my first thimble is just $9*.

☐ Charge my first thimble, priced as above, and each subsequent thimble, to my:

☐ VISA ☐ MasterCard ☐ Discover ☐ Am. Ex.

Acct # _____ Exp. Date _____

Signature _____

*Plus $1.50 for shipping and handling. Any applicable state sales tax will be billed with shipment. All orders subject to acceptance.

017-4009



Why do we gain weight in winter? Which home remedies help heal cold-weather ills? Our special section tells all. Plus: Can you believe old wives' tales? By Ilene Springer

FAMILY WINTER HEALTH GUIDE

Sleigh bells ring, are you list'nin'? In the lane, snow is glist'nin'. It's a beautiful sight . . ." but you're stuck in bed with a 102°F. temperature. For many people, winter is synonymous with getting sick. It's not the cold weather itself that brings on typical winter miseries, but that people spend more time indoors, swapping germs. Since this winter may be particularly chilly, chasing many people into close quarters, few will escape having a cold, about one in every ten people will endure a strep throat, and 5 to 20 percent of us will be hit with the flu, predicts Nancy Arden, M.N., Chief of Influenza Epidemiology at the Centers for Disease Control and Prevention (CDC), in Atlanta.

Here's the latest information you need to keep your family well—or get them feeling better fast—this season.

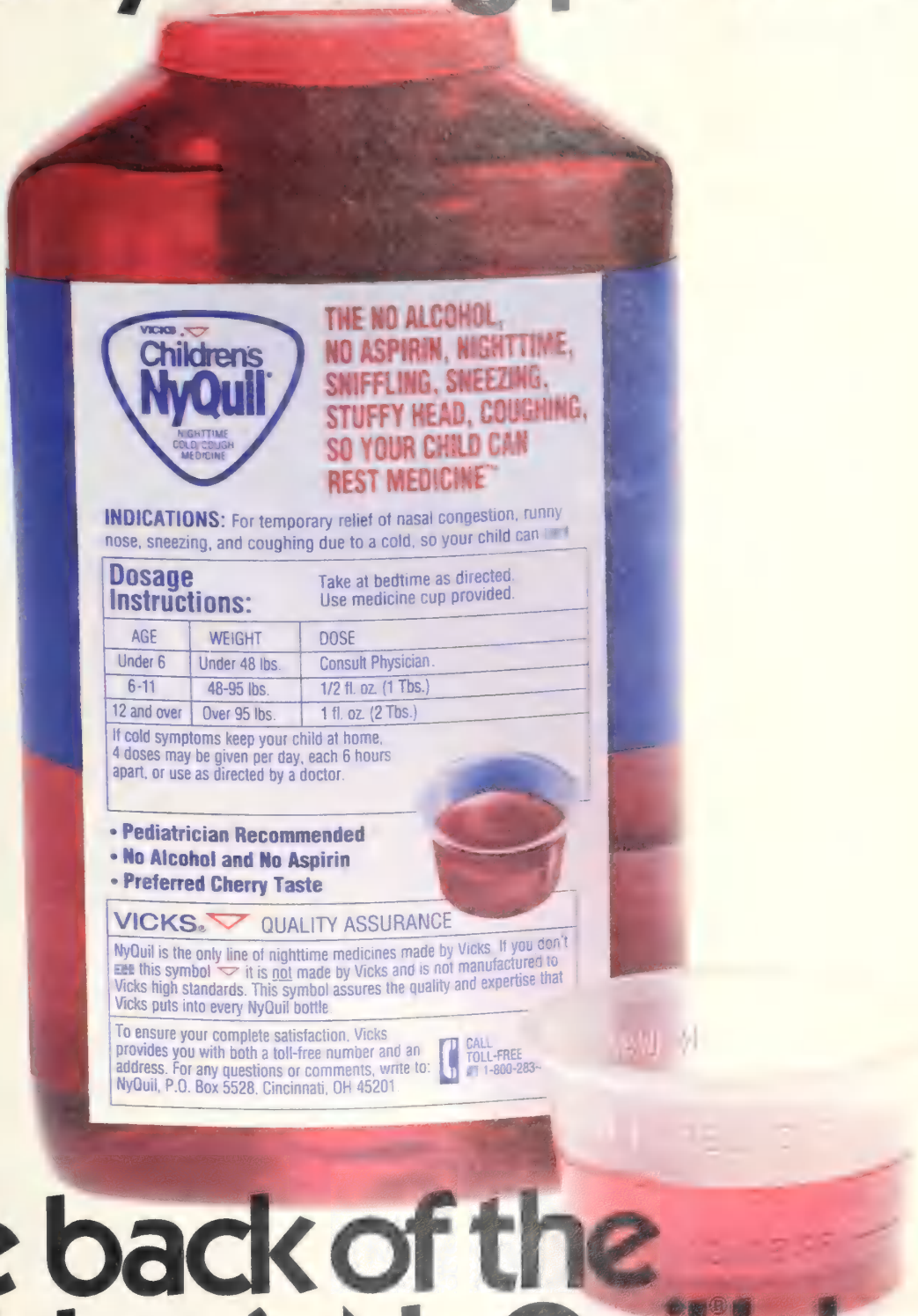
COUGHS

"As irritating and disruptive as a cough can be, it's actually nature's clearing mechanism," says David C. Levin, M.D., pulmonary specialist with the Oklahoma University Health Sciences Center, in Oklahoma City.

Usually, the best treatment for short-term coughs are over-the-counter (OTC) liquid cough medicines. If your cough is productive (something needs to come out), try suppressing it only at night so that during the day the lungs can rid themselves of the offensive material. Stay away from cigarette smoke, which is a major cause of chronic bronchitis.

Other soothers: Suck on a hard candy, says Levin. "It seems to coat the back of the throat and tastes better than *(continued)*

Required reading for any caring parent:



The back of the Children's NyQuil® label.

d follow label directions and warnings. © Richardson-Vicks, Inc. 1992

(continued) regular cough drops." Also, drinking warm fluids, such as tea and hot chocolate, will help rid your body of secretions, as will breathing in the steam from your shower or a cold-mist humidifier.

Call the doctor if your cough lasts longer than a week; your sputum changes from clear or white (normal for a viral infection) to green or yellow, or becomes thicker and harder to get up; you spit blood; you have a fever with the cough; you experience chest pain or shortness of breath while coughing; or if you're a smoker and your "usual" cough changes in any way.

SORE THROATS

Fortunately, the pain from minor sore throats lasts only a couple of days and can be relieved with OTC throat lozenges. But, advises Joseph P. Atkins, M.D., chief of head and neck surgery at Pennsylvania Hospital, in Philadelphia, see your doctor if after forty-eight hours there's no improvement and you have fever.

Here are some worrisome causes of sore throats:

Strep "This is the occupational disease of *(continued on page 68)*

Why do I feel so sick?

Common winter ailments share many of the same symptoms, often making it tricky to tell what the real problem is. But guesswork can lead to incorrect treatment and, in turn, delay healing. Use the following chart to help decipher your symptoms and select the best treatment for them.

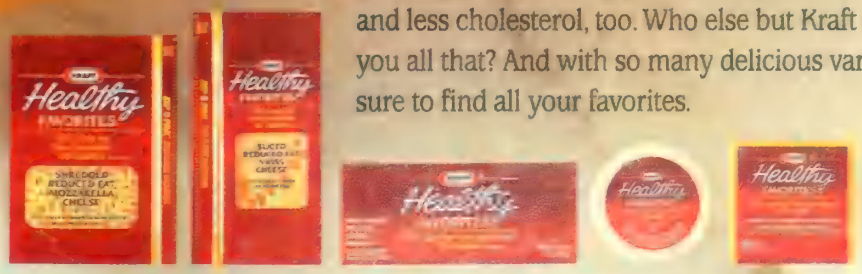
	cause	symptoms	treatment	call the doctor if
COMMON COLD	More than 100 viruses, which can be contracted by touching an infected person or an object recently handled by someone with a cold.	Scratchy, sore throat; possible low-grade fever. Congestion, occasional sneezing, runny nose. Symptoms peak after two to three days. Though tired, you can usually still function. Lasts about seven days.	Vitamin C or zinc gluconate lozenges may shorten length or severity. Bed rest, warm fluids and OTC remedies also help. Avoid medications containing antihistamines, which are ineffective against cold viruses and cause side effects. **Prevention:** Wash hands before touching nose, mouth or eyes.	Nasal mucus changes from clear to yellow or green, possibly indicating sinus infection.
ALLERGY	Family history. Sensitivity to certain allergens: Dust mites, mold spores and pet dander and hair are the main culprits indoors.	Red, itchy eyes. Frequent sneezing, congestion, runny nose (thin, clear discharge), postnasal drip, no fever. Discoloration (allergic "shiners") under eyes; horizontal crease at the bridge of the nose caused by continual pushing up the nose for relief. Symptoms persistent and recurring.	See allergy specialist to determine treatment, including OTC antihistamines and decongestants or prescription allergy blockers, such as cromolyn sodium and steroid sprays. **Prevention:** Keep humidity below 60 percent; avoid dusty drapes, rugs and furniture in bedroom; keep plants (which stimulate mold growth) and pets out of bedroom.	Allergies are severe or interfere with breathing.
SINUS INFECTION	Sinuses become blocked and infected with bacteria.	Difficulty breathing through nose; yellow or green nasal discharge. Aching or tenderness behind eyes or over cheekbones, headache, aching in upper teeth; pain usually involves one side of face. Fever is rare.	See doctor for antibiotics; young children, seniors, and people with chronic conditions are at risk for complications if left untreated. **Prevention:** If you have a cold, drink plenty of fluids, get bed rest and use OTC decongestants.	You have any symptoms of a sinus infection.
FLU	Three major strains of viruses that change from year to year.	A dry, hacking cough; headache, body aches and chills, sore throat, fever. Exhaustion; can't function. Although nausea, vomiting and diarrhea may be present, these aren't the major symptoms. Lasts two days to one week, often followed by one to two weeks of general fatigue.	Bed rest, plenty of fluids. **Prevention:** Flu and pneumonia vaccinations are important for people at high risk for getting the flu or its complications—seniors; adults with chronic lung, heart or kidney disease, diabetes, severe anemia. The newest weapon is the antiviral drug Amantadine. It knocks out symptoms within 24 to 48 hours, and doctors report it can also be used as a preventive.	Fever lasts beyond 48 hours or if cough worsens, resulting in bloody sputum.



)ne taste and ur new favorites vill be your iew favorites.



Wait 'til you get a taste of new HEALTHY FAVORITES from Kraft. They're rich. Creamy. Decidedly delicious. Yet they have half the fat of regular cheese products. Fewer calories and less cholesterol, too. Who else but Kraft could give you all that? And with so many delicious varieties, you're sure to find all your favorites.



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Menopause is the re
on Premarin®. Ask you
(conjugated estrogens tablets)
a reason

The symptoms of menopause are very real: hot flashes, vaginal dryness and night sweats which may cause sleep disturbances.

For millions of women, these symptoms are effectively treated with estrogen replacement therapy.

And, the same treatment that relieves the symptoms of menopause can also help prevent osteoporosis (brittle bones), a disease that develops in about one of every four women over 50.

THE CONNECTION BETWEEN MENOPAUSE AND OSTEOPOROSIS.

After menopause, your body produces very little estrogen. Without estrogen, your bones can become fragile, more likely to break.

In fact, half of the bone mass women lose is lost in the first seven years after menopause begins. What's more, bone loss is irreversible. But even if some bone loss has occurred, estrogen can help prevent further loss. So it's important to ask your doctor if you're at risk of developing brittle bones.

HOW WOULD YOU ANSWER THESE IMPORTANT QUESTIONS?

Of course, some women are at greater risk for osteoporosis than others. This brief test will help determine your personal risk factor. The more times you answer "yes", the greater your risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES	NO
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐	☐
2. Do you have a family history of osteoporosis?	☐	☐
3. Are you a postmenopausal woman?	☐	☐
4. Have you had a hysterectomy?	☐	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐	☐
6. Is your diet low in dairy products and other sources of calcium?	☐	☐
7. Are you physically inactive?	☐	☐
8. Do you now or have you ever smoked?	☐	☐

Clip out and take to your doctor.

ASK YOUR DOCTOR IF ESTROGEN THERAPY IS RIGHT FOR YOU.

Regular weight bearing exercise and calcium are important for everyone. However, for women at risk of osteoporosis, they may not be enough. Estrogen, as part of a total treatment program including diet and exercise, can be an effective way to help prevent osteoporosis. The estrogen doctors prescribe most is Premarin®. Premarin has been shown to reduce hip and forearm fractures by approximately 60%...so ask your doctor if it's right for you.

on most women start doctor if osteoporosis is to stay on it.

E SIDE EFFECTS OF ESTROGEN S OULD BE CONSIDERED.

with all drugs, there can be side effects w n estrogen. One is the possibility of devel- o ng cancer of the uterus. Be sure to discuss tl with your doctor. If you've had a hyster- e my, you don't have this risk.

hen you ask your doctor whether you're at r for osteoporosis, it's also i portant to inform him c er about all issues r ting to your p sonal health a l family h lth history. T s history should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.



SYMPTOMS OF MENOPAUSE WILL PASS. THE RISK OF OSTEOPOROSIS WON'T.

If you're one of the women at risk for osteoporosis, you need to find out about it. Your doctor may recommend estrogen replacement therapy. Premarin® is the most widely studied estrogen and the one doctors prescribe most. In fact, more than 7 million women in the U.S. alone rely on Premarin for the treatment of symptoms of menopause or as part of a program to help prevent osteoporosis.



PREMARIN®
(conjugated estrogens tablets)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

Please be sure to read the important information on the following page.

(*continued from page 64*) schoolchildren and their parents," says Jay Butler, M.D., medical epidemiologist with the CDC. Strep (caused by the streptococcus bacteria) can bring severe throat pain, fever over 102°F., tender lymph nodes in the neck, headache, muscle aches and sometimes abdominal pain and vomiting. A throat culture can confirm strep, which is usually treated with antibiotics.

Mononucleosis "Mono" is a viral infection that can give you a severe sore throat, tonsil enlargement, swelling of the lymph glands in the back of the neck—and fatigue. Youngsters between ages six and eleven are most commonly affected (in young children, mono is often mistaken for tonsillitis). When mono affects adults, it's more debilitating, sometimes lingering for weeks or months. "The best treatment is fluids and rest. Antibiotics don't help," says Atkins.

Tonsillitis Recurrent infections in the tonsils can cause sore throats, enlarged lymph nodes in the front of the neck, and trouble breathing and swallowing. Antibiotics do help, but if infection recurs often, surgery to remove the tonsils may be the best choice.

Pneumonia Most cases of pneumonia, an infection of air sacs in the lung, are not life-threatening. However, for high-risk groups, such as infants, seniors, people with chronic heart and lung disease or weakened immune systems, pneumonia (which is often a complication of the flu) can be very serious.

General symptoms of pneumonia include a dry, hacking cough, blood-tinged sputum, difficulty breathing, chest pain, chills and high fever. "Typically, the fever will get worse in the mid-afternoon and then let up off after eight P.M.," says Atkins.

Various (*continued on page*

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets

This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina) *and atrophic urethritis* (which may cause difficulty or burning on urination).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED

Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS

Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially at higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS

In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE

If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

© 1992, Wyeth-Ayerst Laboratories

This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, PI 4060-1, issued June 6, 1990 with the incorporation, in lay language, of pertinent text from the Physician insert, CI 4079-1, issued May 23, 1991.

71001

WAPR-8828-A

Worldwide Leadership in Female Healthcare™

WYETH-AYERST LABORATORIES
Philadelphia, PA 19101

(continued from page 68) types of bacteria and viruses can trigger pneumonia, as can organisms called mycoplasmas—one cause of so-called "walking" pneumonia, which may make a person feel tired but not sick enough to stay in bed. Also, parasites harbored by many patients with HIV (the virus that causes AIDS) can result in pneumocystis carinii pneumonia (PCP).

A doctor may take a chest X-ray to confirm pneumonia, and sputum and blood cultures to identify which "bug" is causing the infection. Both bacterial and mycoplasmal organisms respond well to antibiotics. Bed rest is the main antidote for viral pneumonia, although some antiviral drugs may help reduce symptoms and speed recovery.

But prevention is the key to saving lives, says David H. Snidack, M.D., medical epidemiologist with the CDC's respiratory diseases branch. There's a vaccine against the most common type of bacterial pneumonia that is 60 to 70 percent effective, and its protection lasts for years. The CDC recommends the pneumonia vaccine as well as yearly flu shots for people who are in high-risk categories.

Tuberculosis

Just when we thought it was licked, TB has made a disturbing comeback, says Donald Kopanoff, associate director of external relations for the division of TB elimination at the CDC. Yet, because *(continued)*

Why women feel colder

Do you feel chilled while your husband seems perfectly comfortable? Although an extra layer of fat helps insulate women from the cold, men still have an advantage. Generally they have more muscle, which burns more calories than fat, thus generating more heat.



And there could be another reason, says John Duncan, Ph.D., associate director of exercise physiology at the Cooper Institute, in Dallas, Texas. "Women have smaller veins and arteries, which may be located deeper in the extremities. So there's not as much warm blood circulating close to the skin."

HOME REMEDIES

From generation to generation, low-tech, low-cost home remedies—a ginger-tea compress, a bowl of chicken soup—are passed along faithfully to help heal and comfort. Doctors agree that such home restoratives can be effective for minor medical problems; however, they also warn that self-help can be dangerous. "There's a great temptation to delay seeking appropriate medical treatment and to 'wait and see what happens.' But don't wait too long if your symptoms are persistent or severe," says Isadore Rosenfeld, M.D., cardiologist with The New York Hospital–Cornell Medical Center and author of *The Best Treatment* (Simon & Schuster, 1991). Below, the conditions that can be treated at home and the best home remedies for them:

SORE THROAT

● Drink hot lemonade or herbal tea with honey. Chamomile and licorice-root teas are particularly effective, says Joseph P. Atkins, M.D., chief of head and neck surgery at Pennsylvania Hospital, in Philadelphia.

● To soothe the irritation, try gargling a few times a day with warm saltwater (add one teaspoon of salt per glass; don't swallow).

● Swathe a sore throat with a warm chamomile poultice. To make one, steep one tablespoon of dried chamomile flowers in one to two cups of boiling water for five minutes, and then strain. Next, soak a cloth in the liquid, wring out the excess and apply.



STUFFY NOSE

● Have some hot chicken soup. It's particularly effective for boosting the flow of nasal mucus.

● Dab petroleum jelly around and just inside nostrils to help relieve a raw nose.

● Put a warm compress on the chest—a washcloth soaked in ginger tea is said to increase circulation and ease congestion.



LARYNGITIS

● Silence is the best therapy; if you must communicate, get out the pen and paper. Also, increased *(continued)*



(continued) many of today's physicians have not been trained to recognize TB, the condition is sometimes misdiagnosed as pneumonia or bronchitis—a potentially lethal mistake. Left untreated for two years, advanced TB is fatal in 50 percent of cases.

There are basically two forms of TB. An estimated ten million to fifteen million Americans are infected with the latent form, which is asymptomatic and not contagious. However, one in ten of these people will develop active TB—usually because the immune system breaks down enough to allow the infection to take hold—as frequently happens with HIV-infected patients. Symptoms of TB include a chronic cough, blood-streaked sputum, chest pain, night sweats, low-grade fever, fatigue and significant weight loss. *(continued)*

Winter weight gain



Both men and women gain an average of seven pounds in winter. One reason for the added heft: People are less physically active when it's cold, and even those who work out regularly will often slow down significantly, especially around the holiday season, says Georgia Kostas, M.P.H., R.D., director of nutrition at the Cooper Institute, in Dallas, Texas.

But to find out if people actually eat more when the chill sets in, John de Castro, Ph.D., of the Behavior and Neurobiology Program at Georgia State University, in Atlanta, looked at the eating habits of 194 women and 121 men and found that they ate about 222 more calories (mostly in the form of carbohydrates) per day in the fall than during other seasons. And despite the extra fuel, the subjects also reported feeling hungrier after meals in the fall. Dr. de Castro hypothesizes that the body's satiety mechanism is suppressed in the autumn months by some physiological change.

If you're determined to buck nature's call this year, go easy on high-fat, high-calorie foods that are often served at seasonal parties. Include more vegetarian meals in your menu, and try to keep up your exercise program perhaps by signing up for aerobics classes or investing in home exercise equipment.

HOME REMEDIES

(continued) moisture can provide relief, so try inhaling steam from a cold-air humidifier and drinking plenty of fluids.

THE FLU

- A heating pad may soothe aching muscles; also try relaxing with a good, warm foot soak or a comforting back rub.
- To quell a queasy stomach, drink warm, flat ginger ale or cola.

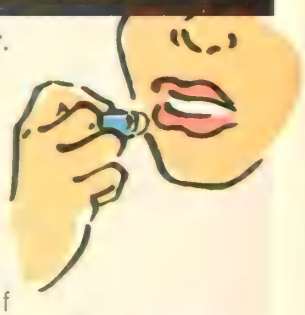
DRY WINTER SKIN

- **Use cooler water, and shorten the time of showers and baths. Also, try mild soaps, advises Jonathan Wilkin, M.D., director of dermatology at Ohio State University.**
- Oatmeal baths (with a commercially prepared product) help moisturize skin, says Jouni Uitto, M.D., Ph.D., chairman of the department of dermatology at Jefferson Medical College of Thomas Jefferson University, in Philadelphia.



CHAPPED LIPS

- **Coat wind-chapped lips with a moisturizing lip balm that has a built-in sunscreen of SPF 15. The sun wreaks havoc with your lips in the winter as well as in the summer.**



COLD SORES

- The best thing to do for cold sores is to keep them clean, says Robert Stern, M.D., associate professor of dermatology at Harvard Medical School. A dab of petroleum jelly can keep lips moist, and antibacterial ointments can help avert a secondary infection.
- Can you prevent a cold sore? Home-remedy advocates recommend replacing your toothbrush often and keeping it in a dry place so that the virus that causes the cold sore won't use your toothbrush as a second home.
- Some people swear by eating foods rich in the amino acid lysine, which is found in dairy products, potatoes and brewer's yeast. Lysine supplements are another source, but they should not be taken without consulting a doctor.

BACK PAIN

- If your back acts up from inactivity or shoveling snow, remember this rule from experts at the Texas Back Institute: Apply ice for the first forty-eight hours to slow swelling and inflammation. After two days, switch to heat, which aids healing by increasing circulation and relaxing muscle spasms.

©1993 Tropicana Products Inc.



(Cranberry juice cocktail is half sugar and water. Tropicana Pure Premium has nothing added, nothing taken away. And 7 times more potassium.)

YOU CAN'T PICK A BETTER JUICE THAN TROPICANA PURE PREMIUM.

(continued) TB, an airborne disease passed on by coughing and sneezing, is not easy to catch if you're healthy. "You'd have to be exposed to the infectious droplets for prolonged periods of time, such as weeks," says Kopanoff. But for more susceptible people, "it's a matter of being in the wrong place at the right time," he says. That place could be a living room, an office or a hospital.

If you think you may have come into contact with someone who has TB, see your doctor for a simple skin test. Preventive therapy can drastically reduce the chances that TB will progress to a full-blown case. People with active TB must remain at home for about three weeks while they're still contagious and continue to take antibiotics for months, sometimes a year.



Experts hope current research will reduce drug-resistant strains of TB within the next couple of years.

FROSTBITE

Hiking, skiing or exercising in the cold is invigorating, but it can also be dangerous. Exposed skin can freeze within one *(continued on page 127)*

OLD WIVES' TALES

By Sue Castle

You've heard these words of wisdom at least a hundred times. But will this age-old advice really keep your family healthy? Here's what the experts say.

■ *Don't go out with wet hair; you'll catch a cold.*

The same caution holds for getting your feet wet or sitting in a draft, but scientists in Salisbury, England, conducted repeated experiments in which people were left shivering in the cold, and found that the participants did not come down with any more colds than those who stayed warm. Research in Texas went one step further. Actual viruses were dropped into the subjects' noses, but exposure to low temperature made no difference as to frequency or severity of colds.

There's only one way to catch a cold—by coming in contact with a cold virus. And new studies show that finger-to-nose contact is the most likely means of transmission, so the best way to avoid colds is to keep your hands clean, and keep them away from your nose.

■ *Feed a cold; starve a fever.*

Or is it "Feed a fever, and starve a cold"? It really doesn't matter, since neither one is true. If you need one simple answer to this, it should probably be "drown 'em both," because colds and fevers dehydrate the body.

Experts also agree that anyone who has a cold and is hungry should, by all means, eat—your system can use the energy.

■ *Never take a bath when you're sick.*

Baths and shampooing are perfectly fine, for children as well as adults. Not only does it make you feel better, it also helps lower a fever. Also, you may have discovered that it's a lot more pleasant to be sick and clean than sick and smelly.

■ *Soothe an earache with a few drops of warm oil.*

Both children and adults with earaches are often in desperate need of relief. But warm oil is not the answer. Most doctors warn that this treatment could be dangerous. And, says pediatrician Jeffrey L. Brown, M.D., "Although parents may be tempted to give their child a decongestant–antihistamine preparation to help drain and dry up the fluid, studies suggest that they can actually make the condition worse."

Instead, doctors recommend using a painkiller like aspirin (or an aspirin substitute for children under sixteen years old); elevating the head to help relieve pressure on the ear; and applying warmth to the outside of the ear. Then get to a doctor, because most middle-ear infections respond best to antibiotics. Left untreated, they may cause burst eardrums and loss of hearing.

■ *If you're chilled, a shot of whiskey warms you up.*

The fact is that alcohol does warm you up when you're cold, at least initially. A shot of booze will increase the flow of blood to the skin and give you an immediate sensation of warmth. But, experts agree, it doesn't last very long, and can leave you feeling more chilled than before.

The correct solution is to drink warm, non-alcoholic liquids. Hot food will do the trick, too.

From *Old Wives' Tales: The Truth Behind Common Notions*. Copyright © 1992 by Sue Castle. Published by arrangement with Carol Publishing Group. A Citadel Press Book.

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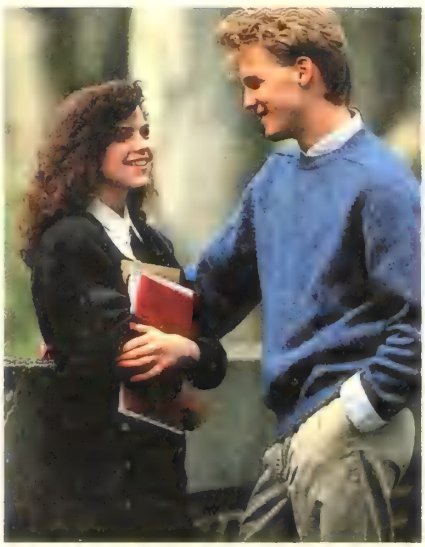
ed McN PPC '92

Teen sex . . . one mom's conundrum

TEENAGERS AND SEX

THE QUESTIONS PARENTS ASK MOST

According to the latest figures from the Alan Guttmacher Institute, an internationally known research institute on human sexuality, the number of teenagers having sex has increased 63 percent in the last twenty years. (The biggest jump was among white middle-class girls.) The age at which they start is dropping, too. In 1988, the most recent year for which figures are available, 27 percent of fifteen-year-old girls and 32 percent of fifteen-year-old boys had already had sex. There are one million teenage pregnancies every year.



Even more alarming: Though the AIDS epidemic has altered the sexual behavior of many adults, teens still believe they are immune to this disease.

"What we're finding is that despite all the discussions of safe sex, despite the distribution of condoms, teens aren't using them," says Laurence Steinberg, Ph.D., professor of psychology at Temple University and co-author (with Ann Levine) of *You and Your Adolescent* (HarperCollins, 1991). Why can't we get through to them?

"Teens may understand the issues cognitively, but not emotionally," explains Steinberg, in much the same way adult smokers who say they are well aware cigarettes have been linked to lung cancer will continue to smoke.

"Parents have to face facts. Teenagers today are wrestling with sexual decisions that many of their parents never had to face—at least, not until they were older," says Steinberg. And if you simply demand that your child wait until he's older before having sex, a teen will hear your words but may come away with the feeling that sex isn't something he can talk to Mom and Dad about. The following answers to key questions can make your next parent-teen conversation a real dialogue:

● Doesn't talking to my child about sex and contraception tacitly condone premarital sex?

No, experts say. "Let's get rid of the myth that talking to kids about sex encourages them to have it," says Sally Ourieff, M.D., assistant attending psychiatrist at McLean Hospital, in Belmont, Massachusetts, and instructor of psychiatry at Harvard Medical School. "No one ever got pregnant because she knew too much."

What if a child turns a deaf ear? Keep talking. "Teenagers need and want advice and guidance from parents, though they may pretend not to hear," says Steinberg. Discussions of emotional and sexual intimacy should be a part of your family life. Although you can't just sit down at the breakfast table and say, "So, what about sex?" you can connect such discussions to movies or TV shows that deal with the topic, even the announcement that a best friend is going steady.

● But I'm strongly opposed to premarital sex. Should I insist on abstinence?

Even if you are very much against premarital sex, it's important to remember that you can't keep a tight rein over your child's sexuality, and if you try to, it may backfire. "Many parents who have accepted the fact that their children will make up their own minds when it comes to what they will wear, or how they will spend their money, still insist on controlling their kids' sex lives," Steinberg notes.

Not that you should adopt a do-what-you-want approach. What you advise should always depend on the age and maturity of your child, as well as your own personal values. Be honest. A parent can say, "I don't believe in sex before marriage; there are too *(continued)*

PARENT'S DIGEST *The Spring issue of LHJ's Parent's Digest will be on sale January 17. Parent's Digest is the only magazine with excerpts from books, journals, TV and videos—all the child-rearing information you need right now, in one indispensable guide.*

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(continued) many things to worry about that I don't believe you can understand now. But if you're going to have sex, then I want to make sure you have the knowledge you need to be safe."

● **If I find out my child is sexually active, should I confront her?**

Confront is the wrong word. The biggest mistake parents make is to reject or condemn, says Sally Ourieff. "You must convey that even if you don't approve of what they are doing, you still love them."

While you may be shocked at your discovery, try not to get angry or to overreact. Instead, talk about the responsibilities that go along with sexual activity. Discuss emotional as well as physical intimacy and the need for contraception and the risk of sexually transmitted diseases. You might even bring up your own experiences—the first time you fell in love, your first boyfriend.

● **Is it hypocritical for a parent who engaged in premarital sex to advise her child not to?**

There's an important middle ground. You might say that even though you felt the same way when you were a teenager, now you have a better perspective on the situation and feel you had sex at too young an age.

● **Which parent should talk to the teen about sex?**

What's important is whom the child feels closest to. "In every family, there are degrees of closeness, and that's a far more important consideration than gender," Steinberg says.

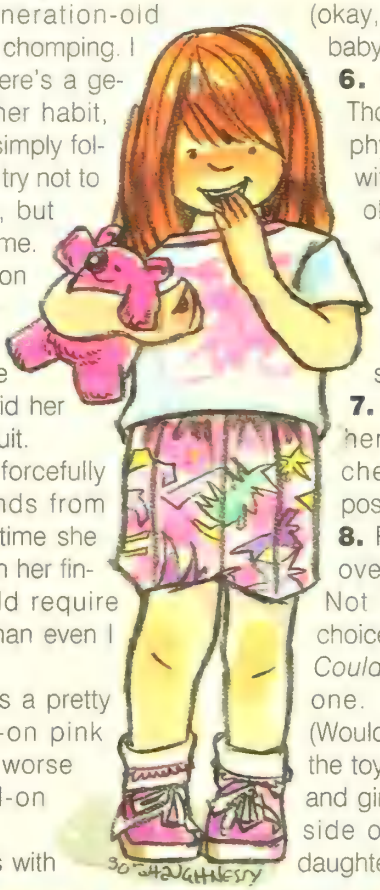
—MARGERY D. ROSEN

Want to help your teen say no to sex? The American Academy of Pediatrics has just published a new pamphlet for teenagers. Send a stamped, self-addressed envelope to: American Academy of Pediatrics, "Deciding to Wait," Dept. C., P.O. Box 927, Elk Grove Village, IL 60009-0927.

ONE MOTHER'S STORY

Bad habits

BY MARGE KENNEDY



My daughter bites her nails. In so doing, she is carrying on a four-generation-old tradition of finger chomping. I like to believe there's a genetic basis for her habit, but I fear she is simply following my lead. I try not to worry too much, but others worry for me. I can count off, on ten stubby fingertips, the unsolicited advice I've received to rid her of this nasty pursuit.

1. Forcibly and forcefully remove her hands from her mouth each time she starts to snack on her fingers. This would require more vigilance than even I am capable of.

2. Paint her nails a pretty color. Chewed-on pink nails look even worse than chewed-on naked nails.

3. Paint her nails with something that tastes bad. This is a child who actually *likes* anchovies—and I can't think of anything more distasteful.

4. Offer her a reward for refraining from nail biting. I hereby offer my own reward to anyone who can think of an appropriate bribe for the two-year-old who only wants what her friend Anna happens to be holding at the moment and who otherwise wants nothing more than to be left alone to bite her nails in peace.

5. Deny her a privilege, like no TV. And deny myself thirty minutes (okay, sometimes more) free babysitting?

6. Offer a substitute. Though it defies the laws of physics, I have personally witnessed more than one object (i.e., a lollipop, a pacifier and an index finger) occupying the same space in her mouth at the exact same time.

7. Put mittens or gloves on her hands. So she can chew wool? Is that supposed to be better?

8. Read her a story about overcoming an obstacle. Not bad, but perhaps my choice—*The Little Engine That Could*—wasn't such a good one. As the tension built (Would the little engine deliver the toys to the good little boys and girls who live on the other side of the mountain?), my daughter bloodied her thumb.

9. Stop worrying—she'll outgrow it. And, someday, so will I. After all, I'm only forty-one.

10. Set a good example. Why is it always the mother's fault?

I am happy to report that my daughter is also into spitting, a habit I can take no credit for whatsoever. She learned it from Aaron, who lives down the hall, who learned it from his sister Rachel, who goes to nursery school, where she learned it, we all hear, from a kid named Dusty.

And what can you expect from a kid named Dusty?

IS IT NATURE OR NURTURE?

ONLY A MOM KNOWS FOR SURE



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Kirstie Alley

A mom at last



"My baby is the cutest baby in the world," says Kirstie proudly

SHE ALWAYS DREAMED OF HAVING A CHILD, AND WHEN SHE MISCARRIED SHE WAS DEVASTATED. BUT TODAY, KIRSTIE IS FINALLY THE PROUD ADOPTIVE MOTHER OF A BABY BOY. BY JEFF ROVIN

At some point in her life, almost every woman has a dream that goes something like this: It's a beautiful day, and you're sitting in the sunshine with your new baby nestled in your arms. A tiny, crinkled face looks up at you helplessly, and your heart overflows with motherly love and pride. At that moment, you know you will do anything, anything at all, to protect and nurture this wonderful gift.

This is the dream that Kirstie Alley was determined to make reality, despite the painful miscarriage she suffered in 1990. And so she has. On October 19, 1992, a simple announcement ran in the *Los Angeles Times*: "Kirstie Alley of *Cheers* and her husband, actor Parker Stevenson, have adopted a baby boy. William True was born on October 5."

The arrival of the adorable infant—named William for Kirstie's grandfather and great-grandfather and True in honor of a Stevenson family name—was just a year in the making. Kirstie and Parker had

(continued on page 123)

As Hillary Clinton has undoubtedly noticed, the White House is no place like home. And the social terrain in Washington is a lot rockier than in Little Rock. But these dos and don'ts, from a Washington insider, should make for a smooth transition. By Diana McLellan

AS THE NATION'S NUMBER-ONE HOSTESS

■ ***Don't be stingy.*** That big fat White House entertainment allowance is provided so you and the President can fete foreign heads of state and elected officials in a way that makes America proud. You don't make points by cutting back on things like White House matchbooks. In fact, if you don't allow for souvenirs like these, you may find yourself short on coffee spoons.

■ ***Do let your guests dance all night.*** The Lyndon Johnsons, Gerald Fords and Ronald Reagans all danced enthusiastically. But the Carters almost never did, and the Bushes saved their dancing for special occasions, so their guests often felt stiffed. If you must be up at the crack of dawn the next morning, go to bed—and leave your guests to it. They'll remember dancing at the White House for the rest of their lives.

■ ***Do include your daughter—when appropriate.*** Official Washington hopes that you'll have Chelsea as a guest at events where she can converse comfortably with adults. But remember, hell hath no fury like the woman who'd spent $8,000 on her outfit for a state dinner during the Carter years—and found herself seated next to little Amy, who was busily reading a book.

AS A NEIGHBOR

■ ***Don't do anything official on Saturdays.*** No parties, lunches, meetings or much of anything else. Most of official Washington regards weekends as downtime. The capital's power people spend Saturday, for example, shunting carts around the grocery store for cat food, light bulbs and frozen dinners. (Did you know that House Speaker Tom Foley was injured last summer by swallowing bits of broken plastic he inexplicably found in his TV dinner? Of course, it was on a Saturday night.)

AS A WIFE

■ ***Do protect your husband.*** Pardon my mentioning this, but I guess you've noticed that some women chase high-powered men. This situation does not change once one's husband becomes President. If it happens, you can ignore it—the way Jackie and Lady Bird did. Or you could take a leaf from Mary Lincoln's book. When told that Abe had given a permit to an officer's wife to go to the front, she cried, "Do you mean to say that she saw the President alone? Do you know that I *never* allow the President to see any woman alone?"

AS FIRST LADY

■ ***Don't forget the women of Washington.*** Why not have an occasional ladies'-night dinner? A lot of high-powered women in business, politics, law, medicine and journalism have been doing just that for the past couple of years. They enjoy what author Barbara Raskin calls the "freedom to interact" that's sometimes missing when Washington guys, with big voices and bigger egos, get together.

■ ***Do expect criticism.*** It's as inevitable as the band striking up "Hail to the Chief" when your husband appears. To preserve your sanity, keep in close touch with your old friends and confidants; to preserve your image, get a first-rate press secretary. Key elements in such a post: your trust, plus good humor, an understanding of what makes news, and the knowledge that once a cat's out of the bag, you can't stuff it back in.

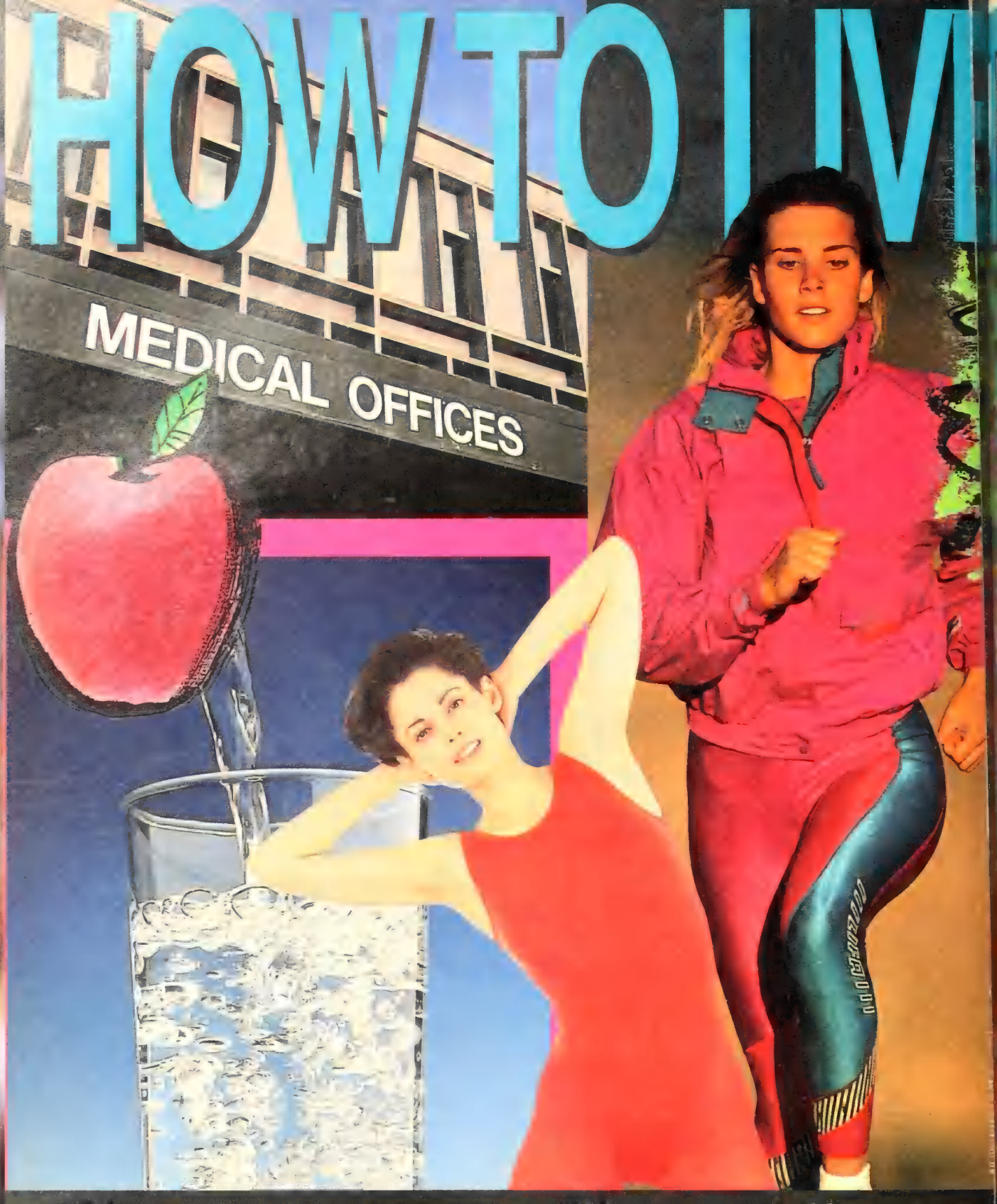
A word to the wise.

Diana McLellan is an editor for Washingtonian magazine.

What every new First Lady should know



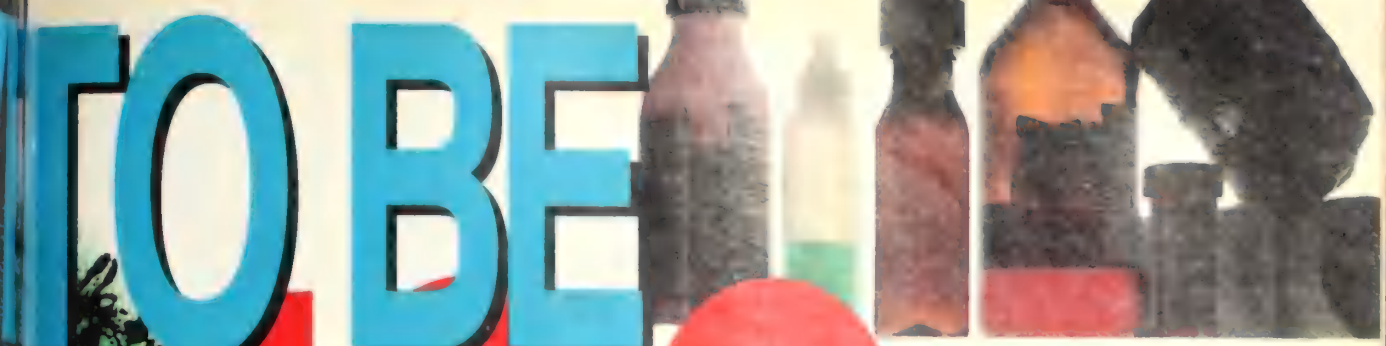
HOW TO LIV



The experts agree: How you live now

Follow these steps, and you can

TO BE 100 years old





Today, we're living longer than ever before. In fact, the fastest-growing group in the United States is the over-eighty set (see "Who's living longer?," page 87). And studies by researchers at the University of California at Davis and the University of Minnesota, in Minneapolis, suggest that the older you are, the longer you are likely to live.

But research shows that your habits play a crucial role in determining your life span. Here, healthy-living tips to help you reach the century mark.

By Charles B. Inlander and Marie Hodge, People's Medical Society

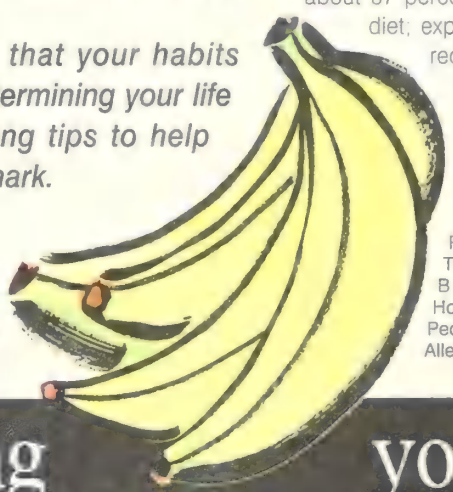
THE FIVE MOST IMPORTANT THINGS YOU SHOULD DO RIGHT NOW

(You've heard these before, and with good reason—they work.)

1. *If you smoke, make quitting your top priority.* Smoking puts you at risk for a great deal more than lung cancer. ● Smoking accounts for about 65 percent of premenopausal heart attacks. ● Smoking raises blood pressure, a major factor in heart disease, stroke and kidney disease. ● Young women who smoke are at high risk for crippling osteoporosis. ● Smokers who undergo surgery heal more slowly than nonsmokers.

2. *Reduce fats and cholesterol.* Studies show that a high-fat diet contributes significantly to heart disease, the number-one killer, as well as to colon, ovarian and breast cancers (although one recent study found that a low-fat diet may not protect against breast cancer, the American Cancer Society cautions that further research is needed). Fat makes up about 37 percent of the typical daily diet; experts say fat should be reduced to 30 percent or lower. (LHJ recommends that for women, a 2,000-calorie daily diet should contain no *(continued)*

Reprinted from 100 WAYS TO LIVE TO 100 by Charles B. Inlander and Marie Hodge. Copyright © 1992 by People's Medical Society, Inc. Allentown, PA 18102.



ill affect how long you live.

ctually lengthen your life span



more than 60 grams of fat; for men, a 2,500-calorie diet should have no more than 70 grams of fat.)

3. *To strengthen your heart, do something aerobic twenty minutes a day, three to five times a week.* Aerobic exercise is any repetitive activity that involves the whole body and makes your heart beat faster, such as walking, running or swimming. The pace should be brisk, but not so hard that you're gasping for breath. Be sure to see your doctor first, then gear your approach to your level of fitness.

4. *Emphasize vegetables and fruits.* The nutrients found in vegetables and fruits are vital to good health, especially beta carotene, and vitamins C and E, which protect us from cancer and heart disease. Aim, every day, for three to five servings (one serving equals ½ cup) of vegetables, emphasizing red, yellow, orange and deep-green ones, and two to four servings of fruit daily. And eat plenty of cruciferous vegetables—those in the cabbage family. Studies indicate they contain compounds that break down cancer-promoting chemicals.

5. *Get a baseline mammogram at age forty, and mammograms every year or two after age forty.* Among women, breast cancer is the most common form of cancer and the number-two cancer killer — yet most deaths from the disease are preventable if the cancer is detected early. Mammograms enable doctors to detect tiny tumors; the exams are especially important if you have a family history of breast cancer or if you are undergoing estrogen therapy. Also, ask your doctor to teach you how to do monthly breast self-exams.

Diet and exercise

6. *Never go on a fad diet again.* Yes, extra pounds present an increased risk of diabetes, heart disease, stroke and cancer—four of the top killers. But as harmful as obesity is, we now know that the up-and-down pattern of yo-yo dieting is worse. Not only does it confuse the body's weight regulation system so that each diet makes it harder to lose weight the next time, yo-yo dieting also appears to strongly increase the risk of heart disease.

7. *Make meat an accompaniment, not a centerpiece.* In addition to fats and oils, the two greatest sources of saturated fat in our diets are meat and dairy products. You don't have to give up meat completely to live a long life, but you should cut back. We need no more than two to three servings of meat (3 oz. cooked) a day; many Americans eat this at one sitting. As for the protein that meat contains, not only can we get it from many other sources—nuts, beans, peas, cereals—but most Americans consume about two times the amount they need daily.

8. *Eat more grains of a wider variety.* Grains are an important source of fiber, which has been credited with everything from preventing colon cancer to lowering cholesterol. We need more servings from this food group than any other—the USDA's new food guidelines recommend six to eleven servings a day.

9. *Find an exercise program you love—and don't hesitate to change it.* Some 50 percent of people who begin exercising don't hang in there long enough to get the thrill of feeling fit. That's why it's important that your exercise program be fun.

Don't become so wedded to one activity that its novelty wears off and it starts to feel like work. Change activities often—even within the same



workout—to exercise as many parts of the body as possible and to keep your interest level high.

10. ***Keep your blood pressure low through natural means.*** Untreated, high blood pressure—called the silent killer because there are usually no clear-cut symptoms—can lead to stroke, heart attack or kidney failure. That's why yearly monitoring is so important.

You can reduce high blood pressure by increasing exercise, losing weight, giving up smoking, cutting back on salt or taking an antihypertensive drug if your doctor recommends it. But avoid relying solely on a drug to treat the problem; ask your physician to help you find a combination of approaches.

Becoming a medical expert

11. ***If you're a woman aged eighteen or older, get a yearly Pap smear and pelvic exam.*** These exams have cut dramatically the incidence of cervical cancer in the U.S., because they detect cell changes in the cervix at a very early stage.

12. ***Learn all you can about the medical histories of your blood relatives.*** If your family has a history of heart disease, diabetes or cancer, the sooner you learn about it, the sooner you can emphasize prevention strategies and screening tests.

Dig out your family history by interviewing relatives about their medical pasts. Record information about your spouse and children, your parents and siblings, and your aunts, uncles, grandparents, cousins. Look for patterns—major or chronic diseases, ages of death, lifestyles and habits—that repeat

(continued on page 125)

WHO'S LIVING LONGER?

According to the 1990 census, there are 35,800 Americans over 100, and 28,000 of them are women. By 1995, the Census Bureau predicts, the number of centenarians will rise to 76,000.

Women live an average of seven years longer than men. *However, the gap may narrow to six years by 2015, because today, many more women work outside the home and smoke than did previous generations.*

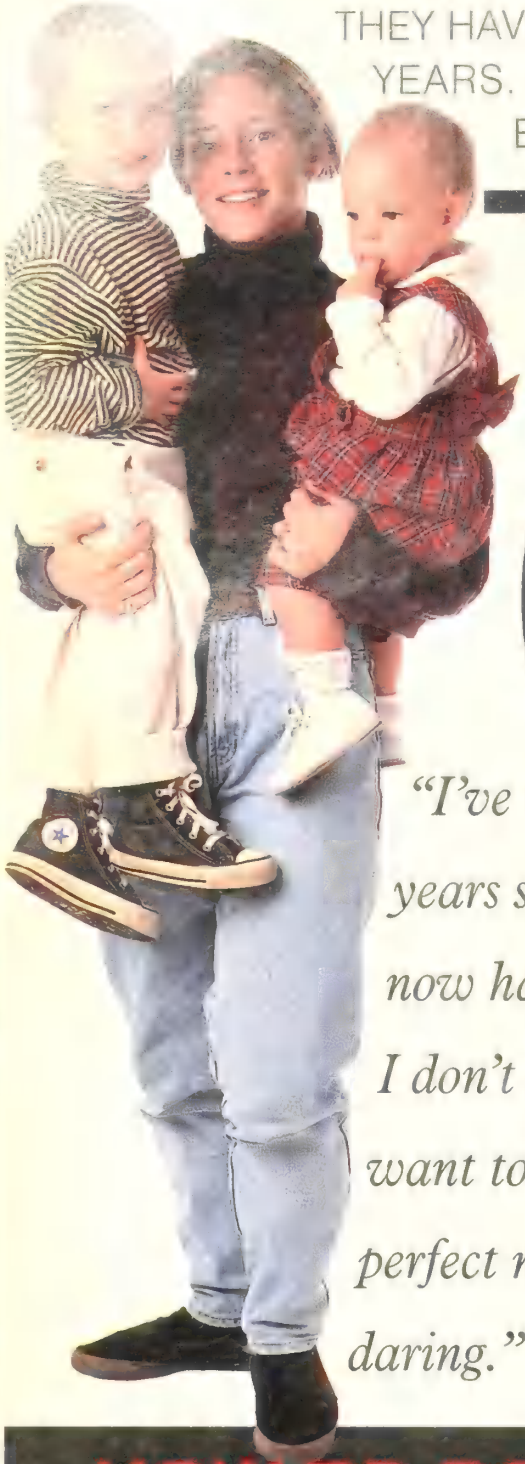


A male baby born today can expect to live to 76.4 years; a baby girl, 83.25. At 35 years of age, a person's life expectancy rises to 78.96 for males and 89.78 for females.

age Bank; (baby) Elyse Lewin/Image Bank; bottom, AP/Wide World Photos.

MEET THREE WOMEN WITH ONE THING IN COMMON: THEY HAVEN'T CHANGED THEIR LOOKS FOR YEARS. SO WE SENT THEM TO MAKEOVER PROS BECAUSE THE NEW YEAR IS . . .

TIME FOR A CHANGE



"I've been a full-time mom for three years since I stopped working, and I now have my hands full with two kids. I don't have much time for myself, but I want to look pretty. What would be my perfect makeover? Classic . . . but daring." —*Peggy Conway, thirty-three*

HOW TO DO A SMOKY EYE

According to Linda Mason, a nineties smoky eye is created with earthy colors that are defined, not smudgy. A stronger brow and eyeliner are essential. 1. Blend a warm beige-brown shadow from lashline to brow as a base to give eyes depth and warmth. Look for colors like almond, sand and toast. 2. Apply a deep brown or gray pencil at the base of the lashes and add an overcoat of a slightly darker shadow (charcoal brown or tobacco) over the pencil. 3. Shape and color brows with a matte brow powder. 4. Line eyes with a felt-tip eyeliner in dark brown or charcoal. 5. Sweep on two coats of black mascara.



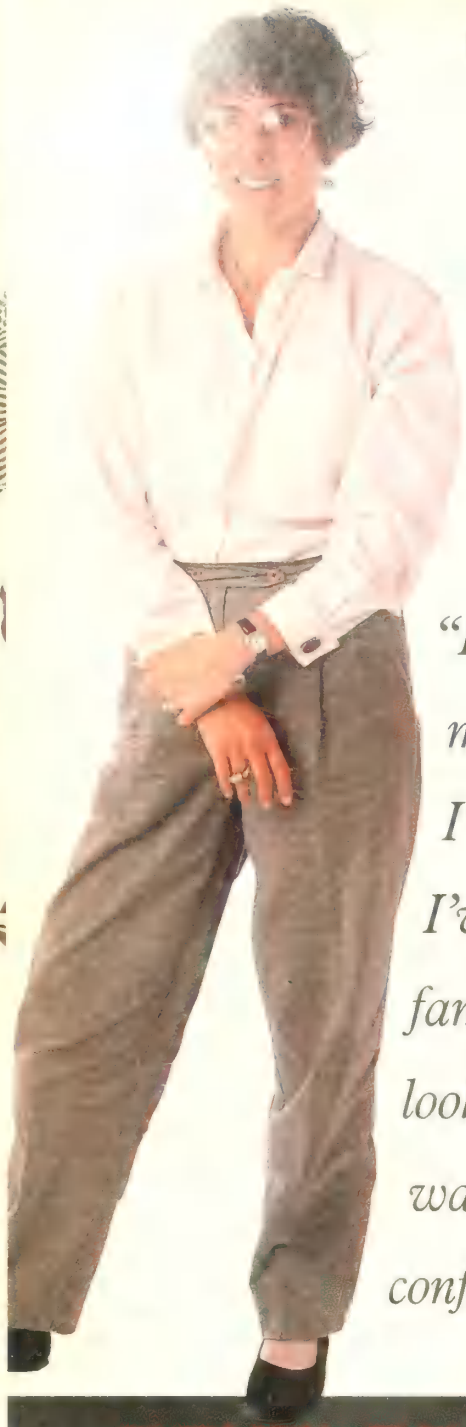
DRAMA LESSON

NEW YORK MAKEUP ACE LINDA MASON DECIDED TO PUSH PEGGY'S LOOK TOWARD SEXY AND GLAMOROUS. "PEGGY'S FEATURES ARE SO CLASSIC SHE NEEDED AN EDGE, A BIT OF MYSTERY. WITH HER PALE SKIN, BROWS AND LASHES, HER EYES WERE INVISIBLE!" SAID MASON. SMOKY MAKEUP BROUGHT THEM OUT OF HIDING, AND A NEUTRAL LIP COLOR GAVE PEGGY A FRESHER, MORE UNEXPECTED LOOK.

What about a bob?

HAIR PRO MAURY HOPSON, OF THE LOUIS LICARI COLOR GROUP, NYC, SAID, "PEGGY'S PULLED-BACK HAIR WAS TOO PLAIN, TOO MAINTENANCE-FREE. I GAVE HER A CUT THAT BORDERS ON A CHIN-LENGTH BOB—BUT THE ENDS ARE UNEVEN LAYERS. IT'S STILL EASY TO CARE FOR, BUT THE ROUGHNESS AROUND THE EDGES GIVES HER A MORE MODERN AND SEXY LOOK."

All photos, Tohru Nakamura. Jacket, Anne Klein II Petites; pants, Nicole Farhi; shirt, Country Road; scarf, Hermes; shoes, J.Crew.



TIME FOR A CHANGE

"I'm too lazy to invest a lot of time in makeup application, and honestly, I'm not very fashionable. But lately I've realized I've been so involved in my family life that I've been ignoring my looks. I want to be more stylish—but I want a look that I can do quickly and confidently." —Carol Kaufman, forty-three

DEVELOP A PERSONAL STYLE

The right hairstyle and makeup can do a lot to energize your looks, but you've got to rethink your wardrobe, too. If, like Carol, you want a style update that doesn't look overly trendy, here are a few ideas:

- Invest in a few good pieces—but don't feel compelled to buy only classic, tailored clothes. Purchase one or two current items—like a long, slim skirt, which Carol found as easy to wear as her trousers.
- Zero in on what makes you feel comfortable—whether it's knits, certain colors or specific cuts. Carol likes simple styles, so we swapped her man-tailored shirt for a poorboy ribbed sweater that shows off her figure and her long, elegant neck.
- Invest in accessories that pull everything together with minimal effort. Count on: a chain-link belt, shoe-boots or modified platform shoes.



GOING FOR THE BOLD

MOST WOMEN STILL DON'T FEEL COMFORTABLE WEARING A BRIGHT OR DARK LIPSTICK—THEY'RE AFRAID OF COMING ON TOO STRONG," SAID MASON. "BUT RICH, RED LIPS AND A DEFINED BROW IS A PERFECT LOOK FOR CAROL. AND WITH CONTACT LENSES INSTEAD OF GLASSES, CAROL'S DELICATE FEATURES COME INTO FAST FOCUS."

The short of it

"CAROL HAS VERY FINE HAIR, AND THE BEST WAY TO GIVE IT MORE BODY IS TO GO SHORTER," SAID HOPSON. "HER HEAD SHAPE AND PROFILE ARE WONDERFUL FOR REALLY SHORT HAIR, AND THIS TOUSLED CUT LOOKS VERY FRENCH—ESPECIALLY WITH HER PALE SKIN AND DARK-RED LIPS! I APPLIED A DROP OF HAIR GEL MIXED WITH A CREAM STYLING PRODUCT TO ADD SOFT DEFINITION WITHOUT STIFFNESS."

Skirt, Sonya Rykiel; sweaters, Malo; belt, Erwin Pearl; shoes, Rene Caty.



TIME FOR A CHANGE

"I just got married, and between setting up my new home and working as an assistant editor for LHJ, I've been spending less time on my looks. I look young—and I feel that people don't take me seriously. This is the first time I've really felt dowdy. I need a new look, the whole package!"

—Sharlene Johnson, twenty-five

BLACK MAGIC

If you're on a tight budget like Sharlene but want to put more chic into your wardrobe, dressing all in black is a great option. It's super slimming (everyone looks five pounds thinner in head-to-toe black), always in style, and you can easily add to the black pieces you already own. Selecting a trendier jacket, skirt or pant in black makes it more wearable. The five low-cost black basics everyone should have? ▪ Suede pumps with a boxy shape, and suede loafers. ▪ A slim skirt with a standout style detail (like a wrap or a fringe). ▪ Ribbed, body-hugging pullovers and turtlenecks. ▪ Slim jeans or cigarette pants. ▪ Opaque hose to wear with long or short skirts. If you have a fabulous haircut and look-twice eyes like Sharlene, you don't need any other accessories!



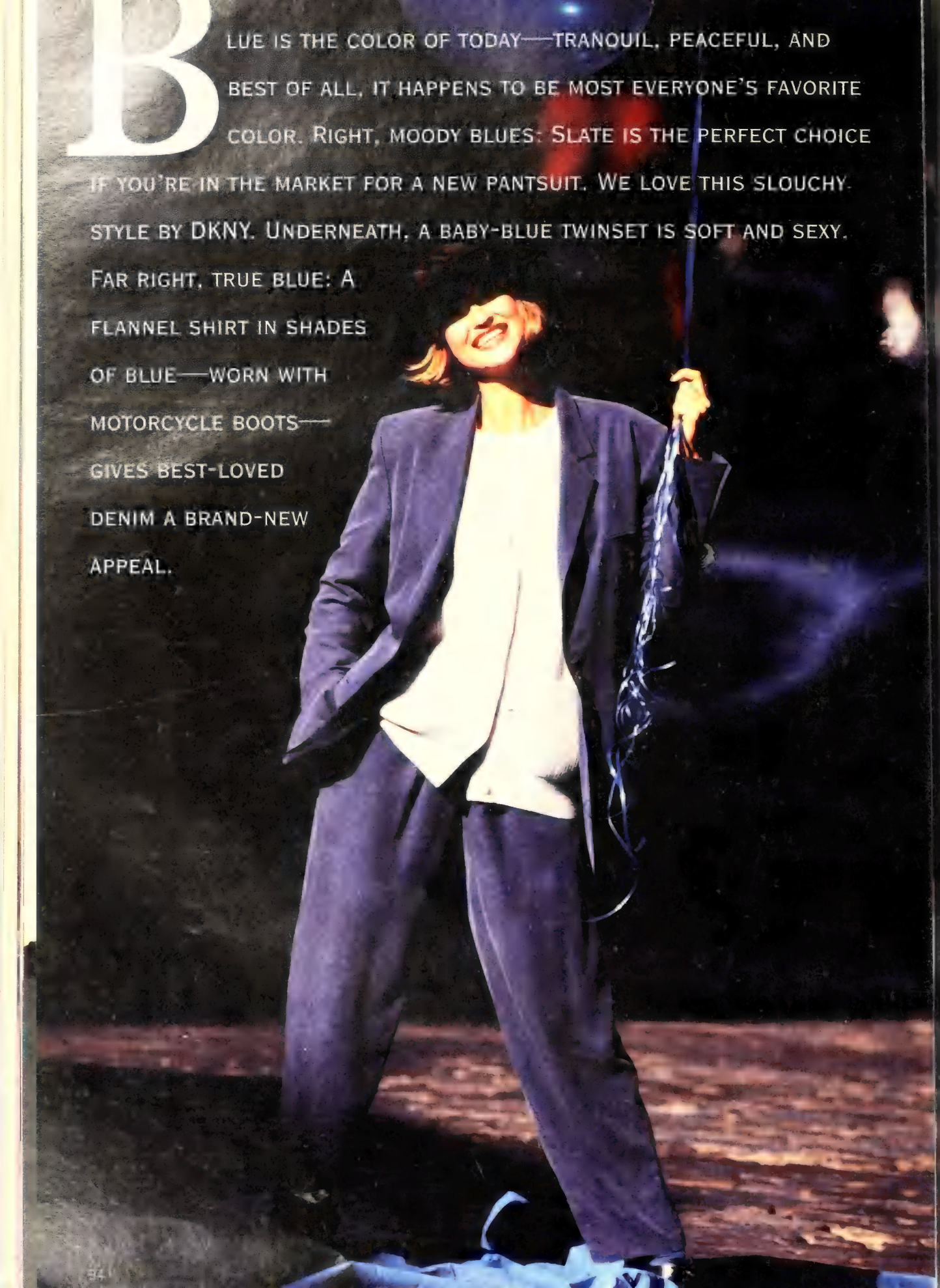
INSTANT SOPHISTICATION

TWO BEAUTY PRODUCTS THAT SHARLENE CAN'T GO WITHOUT ARE A MATTE FOUNDATION AND POWDER TO EVEN UP HER COMPLEXION," SAID MASON. "AFTER THAT, ALL SHE REALLY NEEDS IS LOTS OF DARK MASCARA AND LINER TO BRING OUT HER BEAUTIFUL GREEN EYES."

Better off red

EXPERT HAIRCOLORIST LOUIS LICARI, OF THE LOUIS LICARI COLOR GROUP, NYC, WARMED SHARLENE'S BROWN HAIR TO AUBURN RED. "IT ELIMINATED THE SALLOWNESS IN HER SKIN—SHE LOOKS LIKE SHE WAS BORN RED!" SAID LICARI. HOPSON GAVE SHARLENE A VERY TOUSLED, LAYERED CUT, "AND," HE SAID, "HER VIVACIOUS PERSONALITY CAME OUT!"

Skirt, Anne Klein II Petites; sweater, 525 Made In America; shoes, Maraolo.

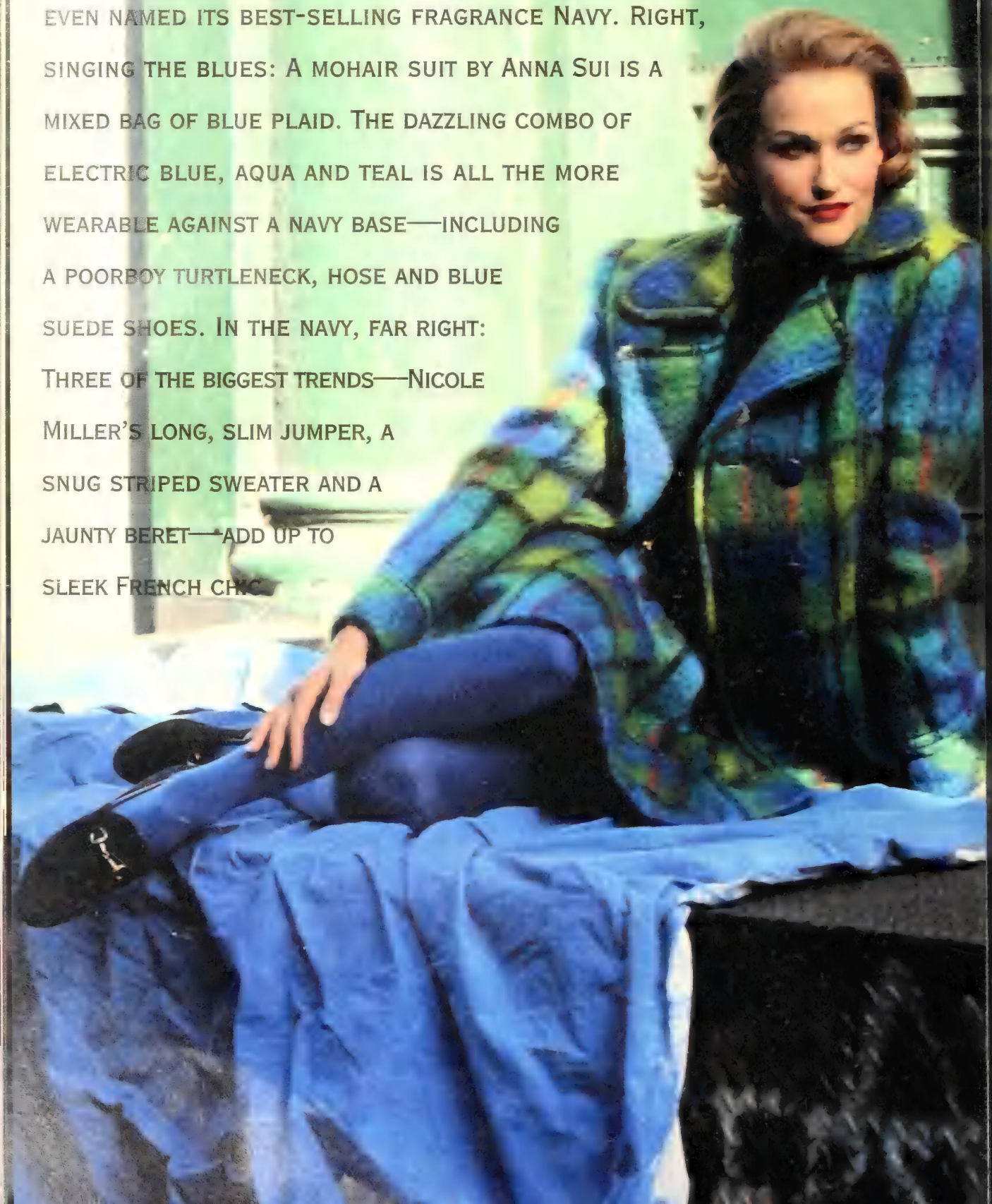


BLUE IS THE COLOR OF TODAY—TRANQUIL, PEACEFUL, AND BEST OF ALL, IT HAPPENS TO BE MOST EVERYONE'S FAVORITE COLOR. RIGHT, MOODY BLUES: SLATE IS THE PERFECT CHOICE IF YOU'RE IN THE MARKET FOR A NEW PANTSUIT. WE LOVE THIS SLOUCHY STYLE BY DKNY. UNDERNEATH, A BABY-BLUE TWINSET IS SOFT AND SEXY. FAR RIGHT, TRUE BLUE: A FLANNEL SHIRT IN SHADES OF BLUE—WORN WITH MOTORCYCLE BOOTS—GIVES BEST-LOVED DENIM A BRAND-NEW APPEAL.

outerlude

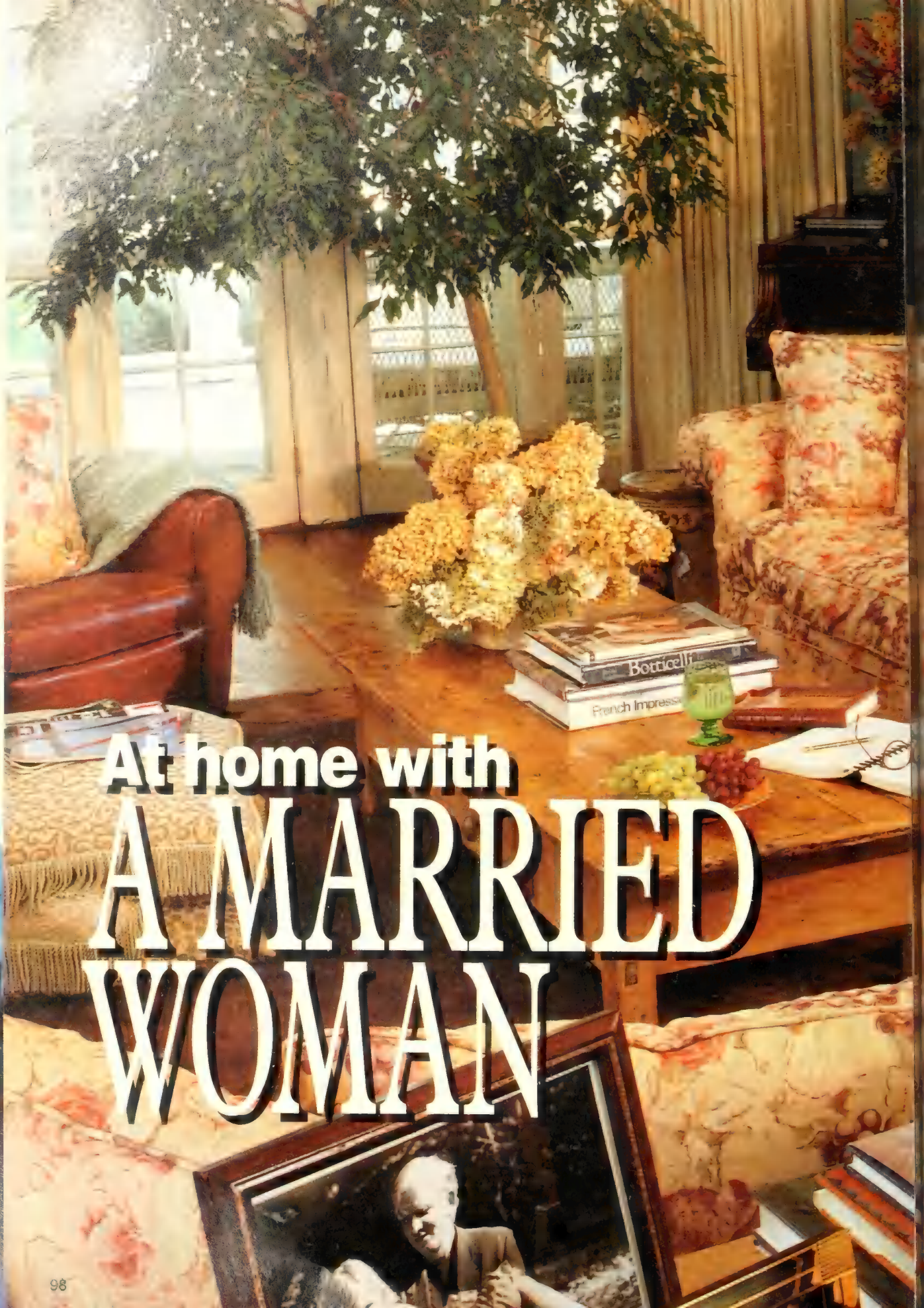
cardigan, Cashmere Cashmere; neck sweater, N. Peal; hat, Lola nery; gloves, La Crasia; shoes, IY. Model these five pages, nelle Eabry of Next. Above: , jackets and hat, Calvin Klein; , Equipment; tee, Michael Star; Billy Martin's NYC.

BLUE IS FASHION'S NEW BLACK—WHICH IS GOOD NEWS SINCE IT'S ULTRA-FLATTERING FOR NEARLY EVERY SKIN TONE. IN FACT, THE COLOR IS SUCH A HIT THAT COVER GIRL EVEN NAMED ITS BEST-SELLING FRAGRANCE NAVY. RIGHT, SINGING THE BLUES: A MOHAIR SUIT BY ANNA SUI IS A MIXED BAG OF BLUE PLAID. THE DAZZLING COMBO OF ELECTRIC BLUE, AQUA AND TEAL IS ALL THE MORE WEARABLE AGAINST A NAVY BASE—INCLUDING A POORBOY TURTLENECK, HOSE AND BLUE SUEDE SHOES. IN THE NAVY, FAR RIGHT: THREE OF THE BIGGEST TRENDS—NICOLE MILLER'S LONG, SLIM JUMPER, A SNUG STRIPED SWEATER AND A JAUNTY BERET—ADD UP TO SLEEK FRENCH CHIC.





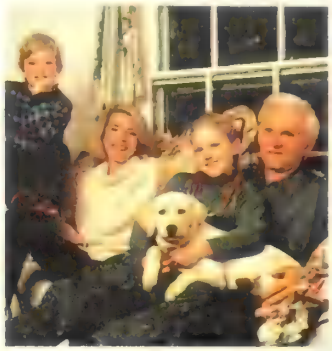
turtleneck, Cashmere; hose, Hue; shoes and belt, Gucci. Pearl jacket (on model's shoulder), Nicole Miller; jacket (over model's shoulder), Michael Kors; sweater, Gerry Portofino; scarf, Gleaters; [illegible] La Crasia; beret, Chapeau Carine; sunglasses, Morgenthal-Frederics. Shoes, DKNY; stockings, Calvin Klein.



At home with A MARRIED WOMAN

WELL-KNOWN AS *AN UNMARRIED WOMAN* (IN THE HIT 1978 FILM), ACTRESS JILL CLAYBURGH HAS REAL-LIFE ROLES AS WIFE AND MOM THAT TAKE CENTER STAGE AT HER HOME IN WESTCHESTER, NEW YORK.

BY LESLIE LAMPERT, LIFESTYLE EDITOR



My family's happiness is my number-one priority," says Jill Clayburgh, who successfully juggles her acting career with a low-profile home life that co-stars her husband, David Rabe, a Tony–award winning playwright, and their children: Jason, nineteen, Lily, ten, and Michael, seven. Though she travels periodically for on-location filming of her *(continued)*

■ Jill's elegant but relaxed living room also functions as the family's gathering place for TV watching, piano recitals and homework. The front table is filled with family photos in frames purchased from flea markets and thrift stores. Even here, the family pets are welcome



■ In the dining room, left, the country feeling is served up by the English pine hutch and the antique cherrywood harvest table that Jill purchased from the set of *An Unmarried Woman*









■ From top: Jill and David's bedroom combines elegance with casual charm; the headboard is an antique door cut to fit the king-size bed. In Lily's room, an English linen cupboard doubles as a wardrobe

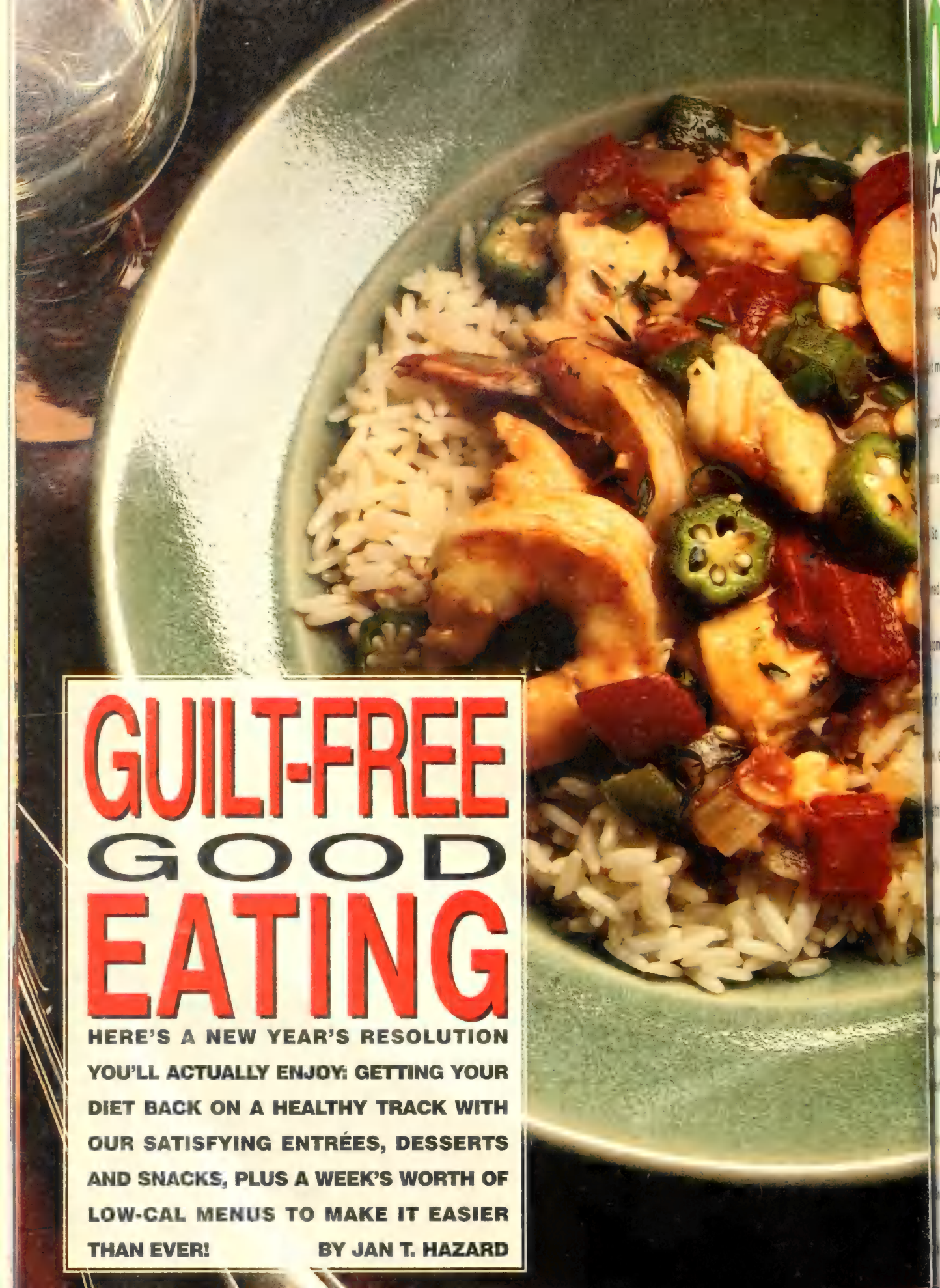
(continued) movies, Jill—whose screen, stage and TV credits include *Starting Over, Silver Streak, Pippin* and *The Jill Ireland Story*—usually spends her days like many at-home moms: doing house chores, running errands, driving the kids to after-school activities like ballet and hockey, tending to the family pets (two dogs, a cat, a horse, a rabbit, four chickens, various birds, fish and a hamster) and helping with homework, piano lessons "and the important issues of the children's day."

So, when it came time to decorate her 1920s plantation-style home, her main objective was to create a beautiful environment that would resist the wear and tear of daily family use and "that wouldn't need a lot of fussing.

"I knew I liked things with a sense of history," says Jill, "but I also wanted to keep costs down." So, with the help of designer Jeffrey Riedel, of Jeffrey Riedel Interiors, in New York City, Jill set out to flea markets, thrift shops and local crafts stores in search of "timeworn pieces that have the sense of having been in the house forever."

Jill and her family love the outdoors, says Jeffrey, "so we chose fabrics and furnishings in faded colors, such as muted greens and browns, borrowed from nature. Our goal was to achieve a state of relaxed elegance—nothing pretentious or precious."

Says Jill, who will be appearing in a new movie, *Rich in Love*, due out in February, "We run a loose ship here, but I did want a place that would encourage the simple daily routines of learning, experiencing and living—without compromising the beauty of the design."



GUILT-FREE GOOD EATING

HERE'S A NEW YEAR'S RESOLUTION YOU'LL ACTUALLY ENJOY: GETTING YOUR DIET BACK ON A HEALTHY TRACK WITH OUR SATISFYING ENTRÉES, DESSERTS AND SNACKS, PLUS A WEEK'S WORTH OF LOW-CAL MENUS TO MAKE IT EASIER THAN EVER!

BY JAN T. HAZARD

300 CALORIE MAIN DISHES

oving your diet
n't mean forgoing
favorite foods—just
extra fat and calo-
So dig in! We've
ned calories from
comfort classics—
'n' cheese, savory
, even pizza—for
lthier eating, but
'll still take the chill
winter. Our heart-
ming entrées taste
thing but lean: robust
food Gumbo with
e, left, and hearty
wn-Home Chicken
h Biscuits, right.





200 DESSERT

Don't even think of k
ping dessert if t
sweets in questio
as light as those i
sensational sand
from award-winni
cookbook author N
Baggett. Her calorie
scious dream dess
are absolutely
sistible—and there
reason not to indi
Left: These Dark Fo
Brownies are
chocolaty and low
thanks to more fl
from coffee and c
and less added fat.



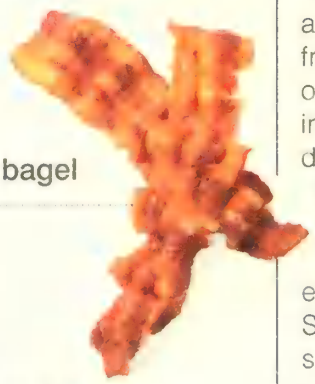
GUILT-FREE GOOD EATING

Vibrant color and pick-of-the-crop citrus flavor will make this Fresh Orange Tart in a cookie-crisp pastry your most-requested dessert.

25 foods under 100 calories

BREAKFAST

1. 2 slices crisp, cooked thin-sliced bacon
2. 1 slice raisin bread, toasted
3. Banana-Orange Slush*
4. 1 Downey Flake Frozen Waffle topped with 1 T. applesauce
5. Half of 1 bagel or 1 whole mini bagel



LUNCH

1. Hot Tomato*
2. English Muffin–Veggie Melt*
3. Watercress Egg-Drop Soup*
4. 1 small or half of 1 large baked potato topped with 1/4 cup nonfat yogurt
5. 1 medium artichoke with Lemon-Pepper Yogurt (1 T. plain nonfat yogurt sprinkled with lemon pepper)
6. 3 ounces shrimp with 1 tablespoon chili sauce
7. Open-Face Turkey Sandwich: 1 slice Louis Rich Smoked Turkey on 1 slice thin Pepperidge Farm whole wheat bread with 1 leaf lettuce and 2 T. Hellmann's Dijonnaise
8. 1 hard-cooked egg
9. 1 roasted-chicken drumstick, skinless
10. 1/2 cup 1% cottage cheese with 4 strawberries



SNACK

1. Light Hot Chocolate*
2. Salsa with Fat-Free Tortilla Chips*
3. Yogurt Cheese*
4. 3 cups Orville Redenbacher Natural Microwave Popcorn
5. 6 Betty Crocker IncrediBites
6. 11 dried apricots
7. Del Monte or Hershey's Pudding Cup
8. 13 almonds, 7 cashews, 17 peanuts, 12 pecan halves or 3 macadamia nuts
9. 6 ounces carrot juice
10. Open-Face S'more: 1 graham-cracker square, 1 marshmallow (microwaved 15 seconds) and 1 Hershey's Kiss



BANANA-ORANGE SLUSH

In blender, puree 1 cup ice cubes, half of 1 small banana, 1/2 cup orange juice and 1/4 teaspoon vanilla extract. Makes 1 serving.

HOT TOMATO

Fastest recipe of the month In small saucepan, combine 3/4 cup tomato juice and a pinch *each* fennel seed, basil and freshly ground pepper. Bring to simmer over medium heat. Remove from heat; stir in 1/2 teaspoon fresh lemon juice and a dash red pepper sauce. Makes 1 serving.

ENGLISH MUFFIN–VEGGIE MELT

Sprinkle 1 tablespoon shredded part-skim mozzarella cheese evenly over each half of 1 toasted English muffin. Spoon 2 teaspoons marinara or pizza sauce on each, then top with 1/4 cup cooked tiny broccoli florets, 1 teaspoon shredded carrot and 1 teaspoon grated Parmesan cheese. Toast on tray in toaster oven 1 to 2 minutes, until cheese is melted. Makes 2 servings.

WATERCRESS EGG-DROP SOUP

In medium saucepan, combine 1 can (13 3/4 or 14 1/2 oz.) chicken broth, 1 cup water, 1 small garlic clove, lightly crushed, and 1/8 teaspoon freshly ground pepper. Bring to boil over high heat. Add 1 cup coarsely chopped watercress and 1 lightly beaten egg; cook, stirring constantly, until egg is opaque, 30 to 60 seconds. Discard garlic and serve immediately. Makes 2 servings.

LIGHT HOT CHOCOLATE

Combine 2 teaspoons unsweetened cocoa and 1 teaspoon sugar in large microwave-proof cup. Stir in 3/4 cup skim milk and a pinch cinnamon. Microwave on High 90 seconds or until hot. Makes 1 serving.

FAT-FREE TORTILLA CHIPS

Cut one 7-inch flour tortilla into 8 wedges. Place on paper towel; microwave uncovered on High 3 1/2 minutes or until crisp. Serve with prepared salsa. Makes 8 chips.

YOGURT CHEESE

Line fine-mesh sieve with double layer of cheesecloth or coffee filter. Pour in 16 ounces plain nonfat yogurt. Place sieve over deep bowl; refrigerate overnight. Scoop thickened yogurt into another bowl; discard cheesecloth and liquid. Use yogurt cheese as a dip for fresh vegetables or substitute for mayonnaise or cream cheese. Makes 3/4 cup.

Recipes developed by Carol Prager and Lisa Brainerd.



Vegetable Rotini

PREP TIME: 20 MIN. COOK TIME: 10 MIN.

1 can (10 3/4 oz.) Campbell's® Broccoli Cheese Soup
1 pkg. (3 oz.) cream cheese, softened
3/4 cup milk
2 tbsp. Dijon-style mustard (optional)
1/8 tsp. pepper
3 cups cooked rotini (corkscrew) macaroni (about 3 1/2 cups dry)
3 cups cooked cut-up fresh vegetables (broccoli flowerets, cauliflowerets, carrots)*
1/2 cup grated Parmesan cheese

1. In 3-qt. saucepan, gradually stir soup into cream cheese. Add milk, mustard and pepper. Over low heat, heat through, stirring often.
2. Add macaroni, vegetables and Parmesan cheese. Heat through, stirring often. 4 servings.

*If desired, substitute 1 bag (16 oz.) any frozen vegetable combination, cooked and drained, for fresh vegetables.

on Broccoli Chicken

: 5 MIN. COOK TIME: 20 MIN.

etable oil
boneless chicken
lves
1 can (10 3/4 oz.) Campbell's® Cream of Broccoli Soup
1/4 cup milk
1/8 tsp. pepper

in lemon slices; squeeze 2 tsp. juice from remaining lemon. Set aside.
t, in hot oil, cook chicken 10 min. or until browned. Remove; set aside.
ff fat.
t, combine soup, milk, reserved lemon juice and pepper. Heat to
Return chicken to skillet; top with lemon slices.
ook over low heat 5 min. or until chicken is no longer pink,
often. Garnish with fresh thyme if desired. 4 servings.



Two Great Ways To Make Broccoli A Part Of Your Dinner.



Mm! Mm! Good!®

I Soup Company

NEW YEAR DIET

TO HELP YOU START THE YEAR OFF RIGHT, WE'VE DESIGNED A SEVEN-DAY PLAN, USING RECIPES ON THE FOLLOWING PAGES. EACH DAY'S MENUS (INCLUDING ONE SNACK!) CONTAIN LESS THAN 1,300 CALORIES AND LESS THAN 30 PERCENT OF CALORIES FROM FAT.

BY MONA BOYD BROWNE, L

	breakfast	lunch	dinner
DAY ONE	1 slice cinnamon raisin toast 1 cup skim milk Half of 1 banana	1 small or half of 1 large baked potato with 1/4 cup nonfat yogurt 1/2 cup green beans 5 saltine crackers 2 kiwifruit	1 serving Tex-Mex Meatloaf*†† 1/2 cup mashed potatoes 1 cup steamed sugarsnap peas 1 serving Fresh Orange Tart*† SELECT 1 SNACK FROM LIST ON PAGE
DAY TWO	1 ounce cereal with 1 cup skim milk and 1 cup strawberries	1 serving English Muffin–Veggie Melt* 1 medium orange 1 Dannon Light Blueberry Yogurt	1 cup Macaroni and Cheese*†† 10 cherry tomatoes 1/2 cup spinach, cooked 1 Dark Fudgy Brownie*† SELECT 1 SNACK FROM LIST
DAY THREE	Half of 1 bagel or 1 whole mini bagel with 1 T. fruit preserves 1 cup cantaloupe 1 cup Light & Lively Lemon Yogurt	1 serving Watercress Egg-Drop Soup* 1 skinless roasted-chicken drumstick 2 graham crackers 1 apple	1 serving Roast Pork Tenderloin with Cabbage*†† 3 small new potatoes 1/2 cup broccoli 1 serving Nana's Orange Sponge Cake SELECT 1 SNACK FROM LIST
DAY FOUR	1 Banana-Orange Slush* 1 toasted English muffin with 1 T. fruit preserves 1 cup skim milk	1 medium artichoke with Lemon-Pepper Yogurt* 1 medium pear Half of 1 bagel, toasted	1 serving Seafood Gumbo with Rice*† 20 oyster crackers 1/2 cup green beans 1 serving Caramel-Glazed Ginger Custard SELECT 1 SNACK FROM LIST
DAY FIVE	1 Downey Flake Frozen Waffle topped with 1 T. applesauce Half of 1 grapefruit 1 cup skim milk	1 hard-cooked egg Salad of 1 chopped tomato and 1/2 cup kidney beans 1 toasted pita pocket 1 cup grapes	1 serving Mediterranean Pizza*†† 1 cup spinach salad with 1 T. Kraft Free Catalina Dressing 1 serving Chocolate Soufflé*† SELECT 1 SNACK FROM LIST
DAY SIX	1/2 cup oatmeal with 1/2 cup skim milk 1 slice crisp, cooked thin-sliced bacon 1 cup Dannon Light Strawberry-Banana Yogurt	1 Open-Face Turkey Sandwich* 1/2 cup 1% cottage cheese with 4 strawberries	1 serving Hearty Beef Stew*†† 1/2 cup asparagus spears 2 breadsticks 1 serving Lemon Cheesecake*† SELECT 1 SNACK FROM LIST
DAY SEVEN	1/2 cup chopped fresh fruit 1 ounce cereal with 1 cup skim milk	3 ounces shrimp with 1 T. chili sauce 1 Hot Tomato* 5 saltine crackers 2 Iced Molasses Cookies*†	1 serving Down-Home Chicken and Biscuit 1/2 cup zucchini, cooked 1 apple 1 serving Pineapple-Buttermilk Sherbet* SELECT 1 SNACK FROM LIST

* Recipe given † Or other 200-calorie dessert from pages 115–122 †† Or other entrée from page 115.

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

HEARTY BEEF STEW



No browning necessary—the meat and onions are cooked slowly without adding liquid, so use your heaviest pot with a tight-fitting lid to keep the moisture in.

Prep time: 50 minutes ▼▽○
Cooking time: 2 1/2 to 3 hours

2 teaspoons minced garlic
1 1/2 teaspoons salt
2 pounds beef round steak, trimmed of all fat, cut into 1-inch cubes
3 cups finely chopped onions
1/2 teaspoon thyme
1/2 teaspoon freshly ground pepper
1 can (14 or 16 oz.) whole tomatoes, undrained
2 tablespoons tomato paste
2 pounds small red potatoes, halved or quartered
2 pounds carrots, cut in 1 1/2-inch pieces
1 pound white mushrooms, trimmed and quartered
1 package (10 oz.) frozen peas, thawe

Preheat oven to 325°F. With flat sid knife, crush garlic with salt to mak paste. In heavy Dutch oven, combine lic paste, beef, onions, thyme and pep Cover and roast 1 1/2 hours. Stir in to toes with their liquid, tomato paste, p toes, carrots and mushrooms; cook 1 1/2 hours, until meat and vegetables tender. Remove from oven; stir in p Makes 10 servings.

Per serving		Daily goal
Calories	300	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	53 mg	300 mg or less
Sodium	554 mg	2,400 mg or less
Carbohydrates	38 g	250 g or more
Protein	26 g	55 g to 90 g

(continu



WHY SPEND MORE TIME MAKING DINNER THAN EATING IT?

f you want a quick

that doesn't taste

ne, there's absolute-

hing like beef.

Whether you like it

d, stir-fried, sauteed

oiled, there are lots

tisfying, nutritious

ITALIAN BEEF STIR FRY – 24 MINUTES

- 1 lb beef round tip steaks, cut ⅛ to ¼ in thick
- 2 cloves garlic, crushed
- 1 Tbsp olive oil
- 2 small zucchini, thinly sliced
- 1 c cherry tomato halves
- ¼ c bottled Italian salad dressing
- 2 c hot cooked spaghetti
- 1 Tbsp grated Parmesan cheese

Cut beef steaks crosswise into 1-in wide strips; cut each strip crosswise in half. Cook and stir garlic in oil in large nonstick skillet over med-high heat 1 min. Add beef strips (½ at a time); stir-fry 1 to 1½ min. Season with salt and pepper. Remove with slotted spoon; keep warm. Add zucchini; stir-fry 2 to 3 min or until crisp-tender. Return beef to skillet with tomato halves and dressing; heat through. Serve over hot pasta; sprinkle with cheese. 4 servings.

beef dinners like this one that take 30 minutes or less to prepare. Plenty of time for the chef to digest all compliments.

BEEF

IT'S WHAT'S FOR DINNER.

ROAST PORK TENDERLOIN WITH BRAISED CABBAGE



Test-kitchen favorite *The tenderloin is the moist, tender meat next to the loin. Pork tenderloin usually comes two per package. Although higher in price per pound than loin roast, tenderloin is a good value because there is no waste.*
Prep time: 55 minutes
Cooking time: 25 minutes

2 pork tenderloins (1 1/2 lb.), trimmed
2 teaspoons minced garlic
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1/2 teaspoon thyme
1 cup minced onions

Braised Cabbage
1 small head (2 lb.) green cabbage, cored and sliced thin
1 Golden Delicious apple, peeled, cored and sliced thin
3/4 cup chicken broth, defatted*
1/4 teaspoon *each* salt, thyme and freshly ground pepper

1 cup apple cider

Preheat oven to 450°F. Mash garlic with salt, pepper and thyme; rub all over pork. Place onions in bottom of small roasting pan and place pork on top. Roast 25 minutes or until juices run clean.

Braised Cabbage: Meanwhile, combine cabbage, apple, broth, salt, thyme and pepper in large skillet. Cover and cook over medium-high heat until cabbage is tender-crisp, 10 minutes. Cook uncovered until most of the liquid is evaporated, 3 to 4 minutes. Cover and keep warm.

Transfer pork to serving platter; cover and keep warm. Pour apple cider in roasting pan and bring to boil over high heat, stirring to scrape up onions and browned bits. Serve pork with cabbage and pan juices. Makes 6 servings.

*To defat broth, place in freezer 30 minutes or refrigerate 4 hours or overnight. Spoon off fat.

Per serving		Daily goal
Calories	205	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	74 mg	300 mg or less
Sodium	682 mg	2,400 mg or less
Carbohydrates	18 g	250 g or more
Protein	26 g	55 g to 90 g

MACARONI AND CHEESE



Budget recipe of the month *A little Pecorino Romano cheese goes a long way to give this lightened-up family favorite the same great taste as its high-fat counterpart.*
Prep time: 20 minutes
Cooking time: 20 minutes

1 1/2 cups elbow macaroni
1 tablespoon butter or margarine
1/4 cup all-purpose flour
3 cups low-fat (1%) milk
1 teaspoon dry mustard
1 teaspoon salt
1/4 teaspoon freshly ground pepper
Pinch ground red pepper
1/2 cup shredded sharp Cheddar cheese
2 tablespoons freshly grated Pecorino Romano cheese
1/4 cup plain dry bread crumbs

Preheat oven to 375°F. Cook macaroni according to package directions until barely tender. Drain and rinse.

Meanwhile, melt butter in large saucepan over medium heat. Add flour and cook, stirring, 1 minute. Remove from heat. Gradually whisk in milk, mustard, salt and ground peppers. Bring to boil over high heat; reduce heat and simmer 1 minute. Remove from heat and stir in cheeses. Stir in macaroni. Spread in shallow 1 1/2-quart baking dish and sprinkle with bread crumbs. Bake 20 minutes or until golden. Makes 5 cups.

Per cup		Daily goal
Calories	295	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	26 mg	300 mg or less
Sodium	670 mg	2,400 mg or less
Carbohydrates	39 g	250 g or more
Protein	14 g	55 g to 90 g

MEDITERRANEAN PIZZA



Have a pizza party tonight: Start with prepared dough, then add fresh tomato after baking for summer-fresh flavor. You can substitute your favorite vegetable for the zucchini, but stick with the flavor-packed feta cheese.

Prep time: 25 minutes
Baking time: 20 to 25 minutes

1 pound fresh or frozen, thawed pizz dough
8 ounces extra-lean (95%) ground b
1 medium onion, minced
1 teaspoon minced garlic
1 red pepper, diced
3/4 teaspoon ground coriander
1/4 teaspoon oregano
1/8 teaspoon ground red pepper
Salt and freshly ground pepper
1 can (8 oz.) tomato sauce
2 tablespoons chopped fresh cilantr divided
2 tablespoons chopped fresh mint o 1/2 teaspoon dried, divided
1 medium zucchini (6 oz.), sliced thi
1/2 cup (2 oz.) feta cheese, crumble
1 large tomato, chopped

Adjust oven rack to lowest position heat oven to 425°F. Pat dough in inch circle, 1/2 inch thick. Place on sheet, prick with fork and lightly cov towel; set aside.

Meanwhile, heat nonstick skille medium-high heat. Add beef and breaking up, until browned, 4 mi Stir in onion, garlic and red pepper until tender, 4 minutes. Add corian oregano, ground red pepper and 1/ spoon *each* salt and pepper; cook fragrant, 30 seconds. Stir in to sauce and 1 tablespoon *each* ci and mint.

Spread meat sauce in even laye pizza dough, leaving 1-inch borde with sliced zucchini and sprinkle with Bake 20 to 25 minutes, until crust is en and sauce is bubbly. Remove oven and sprinkle with chopped to and remaining chopped herbs. Ma servings.

Per serving		Daily goal
Calories	290	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (
Saturated fat	2 g	20 g or less (F); 23 g or less (
Cholesterol	27 mg	300 mg or less
Sodium	880 mg	2,400 mg or less
Carbohydrates	43 g	250 g or more
Protein	17 g	55 g to 90 g

TEX-MEX MEATLOAF



Chili powder, cumin and corn help everyday meatloaf into an entrée family will look forward to. And any overs will make terrific sandwiches.
Prep time: 20 minutes plus cooling
Cooking time: 75 to 80 minutes

1 teaspoon vegetable oil (contin

)kay, so we made these delicious low cholesterol ɔwnies with cottage cheese instead of egg yolks. Seconds, anyone?



Made with lowfat cottage cheese instead of egg yolks. Lower in fat and cholesterol. Only about 100 calories each. But you'll forget all that once you taste them.



No Guilt Brownies

3 ounces unsweetened chocolate, chopped
1 cup granulated sugar
3/4 cup flour
3/4 cup 2% lowfat cottage cheese
3 egg whites
1 teaspoon vanilla extract
1/4 teaspoon salt
powdered sugar

Heat oven to 350°F. Over very low heat, melt chocolate; cool slightly. In food processor, puree all ingredients, except chocolate and powdered sugar, until smooth. Add melted chocolate. Blend well. Pour into lightly buttered, 8-inch square pan. Bake 20-25 minutes or until just set. Sprinkle with powdered sugar. Cut into squares. Makes 16 squares.

Per serving: 107 cal., 3 g. fat, 1 mg. chol., 13 mg. calc., 69 mg. potas., 3 g. prot.

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COTTAGE CHEESE

Dairy foods make it easy to be good.

1 cup finely chopped onions
1 red pepper, diced
1 tablespoon chili powder
1 teaspoon cumin
1/4 teaspoon ground red pepper
1 teaspoon minced garlic
1 1/2 pounds extra-lean (95%) ground beef, turkey breast or chicken
2 cups fresh bread crumbs
1 cup canned or frozen, thawed corn kernels
1/3 cup plus 2 tablespoons ketchup
1/3 cup low-fat (1%) milk
1 large egg plus 1 large egg white
1 teaspoon salt
1/2 teaspoon freshly ground pepper

Preheat oven to 350°F. Heat oil in medium nonstick skillet over medium heat. Add onions and red pepper; cook, stirring occasionally, until tender, 5 to 10 minutes. Stir in chili powder, cumin, ground red pepper and garlic; cook 30 seconds more. Transfer to large bowl and cool.

Add beef, bread crumbs, corn, 1/3 cup ketchup and the milk, egg and egg white, salt and pepper; mix well. Pat into 9x5-inch loaf pan. Spread remaining 2 tablespoons ketchup on top. Bake 75 to 80 minutes. Let stand 10 minutes before slicing. Discard any drippings. Makes 8 servings.

Per serving		Daily goal
Calories	200	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	69 mg	300 mg or less
Sodium	707 mg	2,400 mg or less
Carbohydrates	19 g	250 g or more
Protein	20 g	55 g to 90 g

DOWN-HOME CHICKEN AND BISCUITS

A cornucopia of vegetables, this chicken potpie with a biscuit topping gets lots of flavor from just a little meat.
Prep time: 30 minutes
Baking time: 12 to 15 minutes

1 can (13 3/4 or 14 1/2 oz.) chicken broth, defatted,* plus enough water to equal 3 cups
1 pound boneless, skinless chicken breast
1 cup thick-sliced carrots
2 cups diced yellow squash, cut into 1-inch pieces
1 cup trimmed, halved green beans
1/2 cup chopped green onions
3 tablespoons cornstarch
1 cup skim milk, divided
1/2 teaspoon dillweed
1/2 teaspoon salt
1/8 teaspoon freshly ground pepper
Pinch thyme
1 cup frozen peas

Biscuits
1 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons vegetable shortening
1/2 cup low-fat buttermilk

Bring broth and water to boil in large saucepan over medium heat. Add chicken; cover and simmer 10 minutes. With slotted spoon, transfer chicken to plate. Add carrots to saucepan and cook 7 minutes. Add squash, green beans and green onions; cook 2 minutes more. With slotted spoon, transfer vegetables to plate.

Heat broth over medium-low heat 1 minute. Stir cornstarch into 1/4 cup milk until smooth. Whisk into broth along with remaining milk, dill, salt, pepper and thyme. Bring to boil, reduce heat and simmer 2 minutes. Cut chicken into bite-size pieces. Stir chicken, peas and cooked vegetables into sauce; cook until heated through. Transfer to warm shallow 2-quart casserole. Top with biscuits and serve immediately. Makes 6 servings.

Biscuits: Preheat oven to 425°F. Lightly coat cookie sheet with vegetable cooking spray. Combine flour, baking po... baking soda and salt in large bow... pastry blender or 2 knives, cut in ... ening until mixture resembles co... crumbs. Stir in buttermilk just until ... holds together. Drop by tablespoo... onto prepared cookie sheet. Bake 2... 15 minutes, until golden. Ma... dozen.

Per serving with 2 biscuits		Daily goal
Calories	290	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less ...
Saturated fat	1.5 g	20 g or less (F); 23 g or less ...
Cholesterol	46 mg	300 mg or less
Sodium	848 mg	2,400 mg or less
Carbohydrates	32 g	250 g or more
Protein	24 g	55 g to 90 g

Calorie-trimming tricks

Cutting calories successfully means reducing fat. Once you've set your daily calorie limit, calculate the amount of fat you can have—no more than 30 percent of your calorie allowance.

Calories per day	Fat budget
1,200	40 grams or less
1,500	50 grams or less
1,800 to 2,000	60 grams or less

- It helps to read labels—more and more packaged foods list the number of fat grams they contain.
- Remember, in a healthy, balanced diet, it's the total amount of fat per day that matters, not the fat content of a single meal.
- Use cooking methods that add little or no fat, such as baking, roasting, broiling and stir-frying (instead of sautéeing or frying).
- When a recipe calls for greasing a pan or cookie sheet, coat with vegetable cooking spray instead of butter or margarine.
- When you're eating out, choose entrées that are steamed, poached, roasted, baked, grilled or broiled. (Phrases such as alfredo, au gratin, crispy, escalloped and parmigiana should tip you off to high-fat foods.)
- The next time you grab a quick meal at your favorite fast-food place, ask for nutrition information. Knowing the calorie, fat and sodium content of the menu lets you make health-conscious choices even when you're in a hurry.

GULF COAST SEAFOOD GUM... WITH RICE

All you need is one slice of bacon to... ture the smoky flavor typical of this... fish stew.
Prep time: 20 minutes
Cooking time: 55 minutes

1 slice bacon, chopped
2 tablespoons flour
1 large onion, chopped
1 red and 1 green pepper, cored and... in 1/2-inch dice
1 teaspoon minced garlic
3/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 teaspoon thyme
1/8 to 1/4 teaspoon ground red peppe...
1 can (13 3/4 or 14 1/2 oz.) chicken br... defatted,* plus enough water to ... equal 3 cups
1 cup sliced frozen okra
1 cup chopped, drained canned toma...
1 cup chopped green onions
1 pound red snapper or catfish fillet, ... into 1 1/2-inch chunks
8 ounces medium shrimp, peeled and... deveined
3 cups cooked whole-grain rice

Cook bacon in heavy Dutch oven ... medium heat until crisp. Drain on p... towels. Reduce heat to medium-low. ... flour into drippings and cook, stirring ... quently, until mixture is deep gol... brown, about 12 to 15 minutes. (Be c... ful not to burn.) Stir in onion, diced ... pers, garlic, salt, pepper, thyme and ... pepper. Cover and cook, stirring o... sionally, until vegetables are tender, ... minutes. Gradually stir in broth, t... okra, tomatoes and green onions. Re... to simmer and cook, covered, until ... ture is thickened and vegetables are ... der, 10 to 15 minutes. Stir in snapper ... shrimp; cook 5 minutes more. Stir in ... con. Serve over cooked rice. Make ... servings.

Per serving with rice		Daily goal
Calories	300	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	78 mg	300 mg or less
Sodium	811 mg	2,400 mg or less
Carbohydrates	34 g	250 g or more
Protein	27 g	55 g to 90 g

(continu...

The Parmesan Cheese Is Real. The Taste Is Incredible.

New Creamy Parmesan captures the sharp flavor of grated parmesan cheese in a sensational salad dressing. Hidden Valley® has blended rich, creamy dressing with golden crumbles of real parmesan. One taste will tell you–the flavor of Creamy Parmesan is truly incredible.



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NOW THERE'S HUNT'S LIGHT SPAGHETTI SAUCE.



Go ahead and have seconds. With less than one gram of fat per serving and only 40 to 45 calories, new Hunt's® Light Spaghetti Sauce is deliciously permissible. It's a brand new and wonderfully light mixture of Italian herbs and sun-ripened tomatoes, without any added sugar or artificial sweeteners. Because with tomatoes this good, you don't need to add extra fat or sugar. So we didn't. New Hunt's Light Spaghetti Sauce. A great reason to eat more spaghetti.

IT HAD TO BE HUNT'S.®

ree eating
ed

EY SAUSAGE WITH COLI

ı cooked in the microwave is the ior this modern Italian classic. li rabe can be substituted for the li.

me: 5 minutes Ⓜ▽○
ıave time: about 26 minutes

ı
:up yellow cornmeal
ns (13 3/4 or 14 1/2 oz.) each low-sodium chicken broth, defatted, divided
blespoons grated Romano cheese
blespoon chopped parsley
easpoon freshly ground pepper

h broccoli, (1 1/2 lbs.) trimmed
ıoon vegetable oil
ınd Italian turkey sausage, cut into -inch pieces
sliced onions
spoon minced garlic

ı: Combine cornmeal and 3 cups ı broth in a 1 1/2-quart microwave-casserole with lid. Cover and mi-ve on High 9 minutes, stirring every utes. Stir in cheese, parsley and ; set aside.

mbine broccoli with remaining n broth in a 1-quart microwave-casserole with lid. Cover and mi-ve on High 3 to 5 minutes, until tender.

ınwhile, heat oil in large nonstick over high heat. Add sausage and until golden on all sides; 8 to 10 es. Transfer to a plate and keep Add onions and cook until tender, utes. Add garlic and cook 30 sec-ıntil fragrant. Return sausage to skil-th cooked broccoli and chicken Bring to boil and boil 1 minute. with polenta. Makes 4 servings.

ıg		Daily goal
	280	2,000 (F), 2,500 (M)
	10 g	60 g or less (F); 70 g or less (M)
fat	5 g	20 g or less (F); 23 g or less (M)
	43 mg	300 mg or less
	502 mg	2,400 mg or less
ates	31 g	250 g or more
	18 g	55 g to 90 g

.K BEAN AND CORN WDER

ed with the English Muffin–Veggie on page 106, this flavorful soup : an oh-so-satisfying meal.

ime: 5 minutes ▼▽○
ng time: 6 minutes

poon vegetable oil
ces diced baked ham or sliced :horizo sausage
lium onion, chopped
e garlic, chopped
poon cumin
ıspoon oregano
(13 3/4 or 14 1/2 oz.) chicken broth, defatted*
1 can (17 oz.) corn, drained and rinsed
2 cans (15 or 15 1/2 oz. each) white beans, drained and rinsed, divided
1/2 cup water
1/4 cup chopped fresh cilantro
1/4 teaspoon freshly ground pepper

Heat oil in large saucepan over high heat. Add ham and brown 2 minutes. Stir in onion and garlic, cook 1 minute. Stir in cumin and oregano, cook 30 seconds. Add chicken broth, corn and 1/2 cup beans to saucepan.

Puree remaining beans with water in blender until smooth; stir into soup. Cover and bring to a boil. Reduce heat and simmer, covered, 2 minutes. Stir in cilantro and pepper. Makes 6 cups.

Per 1 1/2 cups		Daily goal
Calories	300	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	16 mg	300 mg or less
Sodium	1,615 mg	2,400 mg or less
Carbohydrates	46 g	250 g or more
Protein	18 g	55 g to 90 g

MARINATED SEAFOOD KABOBS

A citrus marinade gives scallops and shrimp a taste of the tropics. Serve each portion over a half cup of cooked rice.

Prep time: 15 minutes, plus marinating ▽○
Cooking time: 6 to 8 minutes

2 tablespoons vegetable oil
3 tablespoons fresh lime juice
1 tablespoon chopped parsley
1/2 teaspoon grated lime peel
1/2 teaspoon minced garlic
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
Pinch ground red pepper
12 ounces sea scallops
8 medium shrimp, shelled and deveined
16 medium mushrooms
1 medium red or green pepper, cut into 16 squares

Mix oil, lime juice, parsley, garlic, lime peel, salt and both ground peppers in shallow bowl. Add scallops and shrimp; toss to coat. Marinate at room temperature 25 to 30 minutes. Add mushrooms and pepper pieces and toss to combine; marinate 5 minutes.

Meanwhile, preheat grill or broiler and broiler pan.

Thread scallops, shrimp, mushrooms and pepper pieces alternately on each of 8 skewers. Reserve marinade. Grill or broil kabobs 4 to 6 inches from heat, brushing several times with marinade and turning occasionally, until shellfish are cooked through and vegetables are crisp-tender, about 10 minutes. Makes 4 servings.

Per serving with rice		Daily goal
Calories	300	2,000 (F), 2,500 (M)
Total fat	8 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	62 mg	300 mg or less
Sodium	310 mg	2,400 mg or less
Carbohydrates	34 g	250 g or more
Protein	22 g	55 g to 90 g

Recipes by Lisa Brainerd, Carol Prager and Karen J.M. Tack.

LEMON CHEESECAKE



This creamy, full-flavored cheesecake has just one third of the fat and cholesterol of a traditional cheesecake. Luscious with or without fruit, it just proves that you can have your cake and eat it, too!

Prep time: 30 minutes plus standing and cooling ▽○
Baking time: 65 minutes

Crust
3/4 cup graham cracker crumbs
1 tablespoon cold unsalted butter
1 1/2 teaspoons light corn syrup
1 1/2 teaspoons water

1 cup plain nonfat yogurt
1 cup sugar
1 teaspoon grated lemon peel
2 large eggs
3 large egg whites
1 container (16 oz.) salt-free (1% fat) cottage cheese
1 tablespoon fresh lemon juice
2 1/2 teaspoons vanilla extract
12 ounces Neufchâtel cheese (light cream cheese), cut up, at room temperature
1/4 cup all-purpose flour

Preheat oven to 350°F. Coat bottom of 9-inch springform pan with vegetable cooking spray. Tightly cover outside bottom and sides of pan with heavy-duty foil.

Crust: Process graham cracker crumbs and butter in food processor until combined. Combine corn syrup and water in small cup and add to processor; process until mixture begins to hold together. Press evenly into bottom of prepared pan. Bake 7 to 10 minutes, until lightly browned. Cool on wire rack.

Meanwhile, drain yogurt in sieve lined with clean kitchen towel or coffee filter 15 minutes. Lift edges of towel to form a bag and squeeze gently to extract as much liquid as possible.

Combine sugar and lemon peel in clean food processor; process until mixture is pale yellow. Add eggs, egg whites, cottage cheese, lemon juice and vanilla; process until very smooth, about 30 seconds. With machine on, add cream cheese through feed tube; process until smooth. Add yogurt and flour; process just until blended. Pour onto crust.

Rap pan on counter to release air bubbles. Place springform pan *(continued)*

Bring Noodles To Lite

Add Hillshire Farm Lite to noodles and gain a new appreciation for fast food.



Sausage Primavera: 17 minutes

1 to 1½ lbs. Hillshire Farm Lite, Original, or Turkey Smoked Sausage or Polska Kielbasa, sliced; ½ lb. fettucine, uncooked; ¼ cup butter; 2 cups vegetables; 1 cup heavy cream; ⅓ cup grated Parmesan cheese; 2 T. dried parsley. Sauté vegetables in melted butter until tender. Set aside. Brown sausage; drain. Combine sausage, vegetables, cream. Simmer 2 minutes. Add cheese and parsley. Serve over cooked fettucine. Serves 6.

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continued

in larger roasting pan. Pour boiling water into roasting pan to come 1 inch up sides of springform pan. Bake 30 minutes. Reduce oven temperature to 300°F. and bake 35 minutes more. Turn off oven and let cheesecake stand in oven 20 minutes.

Remove cheesecake from water bath. Cool completely on wire rack. Remove foil. Cover and refrigerate 6 hours or overnight. *(Can be made ahead. Cover and refrigerate up to 3 days.)* Just before serving, run knife around edge of pan and remove sides. Makes 16 servings.

Per serving		Daily goal
Calories	175	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	46 mg	300 mg or less
Sodium	155 mg	2,400 mg or less
Carbohydrates	20 g	250 g or more
Protein	8 g	55 g to 90 g

PINEAPPLE-BUTTERMILK SHERBET

Food editor's choice *To whip up this fresh-tasting sherbet, use only the tenderest parts of a very ripe, sweet pineapple (discard the pithy pieces around the core). Buttermilk adds a pleasant tang and satisfying creaminess.*

Prep time: 15 minutes plus chilling and freezing ▼▽○

¼ cup fresh orange segments, membrane removed
2¾ cups fresh, ripe pineapple chunks
⅓ cup sugar
3 tablespoons water
1 teaspoon fresh lemon juice
⅓ cup cold buttermilk

Line jelly-roll pan with foil. Spread orange segments and pineapple separately on pan and cover with wax paper. Freeze until very hard, 1½ hours or up to 24 hours.

Meanwhile, combine sugar with water in small saucepan. Bring to boil, stirring; cover and simmer 1½ minutes. Uncover and boil 1 minute more. Transfer to small dish and stir in lemon juice. Cover and refrigerate until cold, about 1 hour.

Transfer orange segments to food processor and process until chopped very fine. Add pineapple and process until very fine. Add buttermilk to cold sugar syrup; with motor on, pour through feed tube and process until smooth. Serve immediately or freeze up to 24 hours. Makes 3 cups.

For answers from registered dietitians to your food and nutrition questions, call the National Center for Nutrition and Dietetics Consumer Nutrition Hotline at 800-366-1655, Monday to Friday, ten A.M. to five P.M. Eastern time.

Per ¾ cup		Daily goal
Calories	135	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (
Saturated fat	0 g	20 g or less (F); 23 g or less (
Cholesterol	1 mg	300 mg or less
Sodium	23 mg	2,400 mg or less
Carbohydrates	33 g	250 g or more
Protein	1 g	55 g to 90 g

ICED MOLASSES COOKIES



These mild molasses cutout coo topped with white icing store extre well. They're great to have on ha stave off "fat attacks."

Prep time: 20 minutes plus chilling
Baking time: 6 to 8 minutes per batch

3 cups all-purpose flour
1½ teaspoons ginger
1½ teaspoons cinnamon
1 teaspoon baking powder
1 teaspoon baking soda
⅛ teaspoon salt
⅓ cup vegetable oil
1 tablespoon unsalted butter, softened
½ cup firmly packed brown sugar

gg white
ght corn syrup
ght molasses
on vanilla extract
oon grated lemon peel

confectioners' sugar, sifted
teaspoons low-fat (1%) milk
ispoon vanilla extract

combine flour, ginger, cinna-
iking powder, baking soda and
t oil, butter and brown sugar in
wl until blended. Add egg white,
up, molasses, vanilla and lemon
ating until smooth. Stir in dry in-
.

dough in half. Roll one half of
/16 inch thick between 2 sheets of
er. Repeat with remaining dough.
ugh onto cookie sheet and freeze
hour.

at oven to 375°F. Coat 2 cookie
th vegetable cooking spray. Peel off
ut out circles with 2 1/2-inch round
dged cutter. Arrange 1 1/2 inches
prepared cookie sheets. Bake 6 to
es, until edges are just browned.
cookie sheet 1 minute. Transfer to
s to cool completely. Repeat with
g dough, rerolling scraps.
small spatula, spread 1/2 teaspoon
each cookie. Return to wire rack
g is set. Makes 3 1/2 dozen.

Icing: In small bowl, beat sugar, 2 tea-
spoons milk and vanilla until smooth. Stir
in additional milk a little at a time until
spreadable. Makes 1/2 cup.

Per cookie		Daily goal
Calories	80	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	1 mg	300 mg or less
Sodium	44 mg	2,400 mg or less
Carbohydrates	16 g	300 g or more
Protein	1 g	55 g to 90 g

CARAMEL-GLAZED GINGER CUSTARDS



A slimmed-down version of the classic crème caramel. Mild, smooth and scented with ginger and orange, these unmolded custards are a very comforting way to end a meal.

Prep time: 40 minutes plus cooling
Baking time: 25 to 30 minutes

Caramel
1/2 cup sugar
Water
2 1/2 cups low-fat (2%) milk
Half of 1 vanilla bean, split lengthwise
1/3 cup sugar
1 teaspoon chopped fresh ginger
1/8 teaspoon grated orange peel
Pinch salt
2 large eggs
2 large egg whites

Caramel: Place eight 6-ounce custard cups in large baking pan. Pour 1/2 inch hot water into baking pan to warm cups. Bring sugar and 3 tablespoons water to boil in small saucepan; boil, covered, 1 minute. Uncover and continue boiling without stirring, swirling pan occasionally, until sugar is a deep amber color, about 5 minutes. Fill each custard cup with 1 scant tablespoon caramel; swirl to coat bottoms of cups. Discard water in pan.

Preheat oven to 350°F. Combine milk and vanilla bean in medium saucepan and bring just to simmer. Remove from heat and cool to lukewarm. In food processor or blender, combine sugar, ginger, orange peel and salt; process until smooth, 1 minute. Add eggs and egg whites; pulse to combine. Remove vanilla bean from milk; add 1 cup milk to processor and pulse to combine. Stir sugar-egg mixture into remaining milk. Strain custard through fine sieve. Pour evenly into prepared custard cups. *(continued)*

asta Discovers The Missing Link.

Hillshire Farm Smoked Sausage
asta and gain a new
eciation for fast food.



Sausage Spaghetti: 16 minutes

1 1/2 lbs. Hillshire Farm Links, such
te Hot Links or CheddarWurst,
d; 1 lb. spaghetti, uncooked;
p green pepper or mushrooms;
r favorite spaghetti sauce. In
et, lightly saute links with pep-
or mushrooms. Stir in spaghetti sauce. Simmer
vered for 10 minutes, stirring occasionally. Serve
cooked spaghetti. Serves 6.

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Add boiling water to baking pan to come halfway up sides of custard cups. Bake 25 to 30 minutes, until just set. Transfer to wire racks to cool. Cover and refrigerate at least 1 hour. *(Can be made ahead. Cover and refrigerate up to 3 days.)*

Just before serving, run knife around edge of each cup to loosen. Invert custard onto dessert plates. Makes 8 servings.

Per serving		Daily goal
Calories	145	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	59 mg	300 mg or less
Sodium	84 mg	2,400 mg or less
Carbohydrates	25 g	250 g or more
Protein	5 g	55 g to 90 g

NANA'S ORANGE SPONGE CAKE



This recipe was Nancy Baggett's grandmother's, and her moist, tender cake has stood the test of time. If you prefer the flavor of almond to citrus, simply omit the orange peel and add 1 teaspoon almond extract with the vanilla.

Prep time: 25 minutes ▼▽○
Baking time: 28 to 33 minutes

1 1/2 cups cake flour
1 1/4 teaspoons baking powder
1/4 teaspoon salt
1/2 cup fresh orange juice
3 large eggs, separated
1 cup sugar, divided
2 teaspoons hot tap water
1 1/4 teaspoons vanilla extract
3/4 teaspoon grated orange peel
1/4 teaspoon grated lemon peel
3 large egg whites

Preheat oven to 350°F. Sift flour, baking powder and salt in medium bowl.

Heat orange juice in small saucepan over low heat just until warm to the touch. Set aside. Beat egg yolks, 3/4 cup sugar and hot water in mixer bowl at medium speed until mixture is light and forms ribbon when beaters are lifted. At low speed, beat juice into yolks until blended. Beat in vanilla, orange and lemon peel until mixture is light and foamy, 2 minutes. With rubber spatula, gently fold in dry ingredients.

In clean mixer bowl with clean beaters, beat the 6 egg whites at medium speed until foamy. At high speed, gradually add remaining 1/4 cup sugar, beating until stiff. Whisk one third of the whi
yolk mixture. Fold in remaining
Spoon batter into ungreased
tube pan.

Bake 28 to 33 minutes, unt
springs back when touched lightl
pan onto a bottle and cool comple
unmold, run thin knife around
pan to loosen. Invert onto servin
Makes 12 servings.

Per serving		Daily goal
Calories	145	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or le
Saturated fat	0 g	20 g or less (F); 23 g or le
Cholesterol	53 mg	300 mg or less
Sodium	119 mg	2,400 mg or less
Carbohydrates	29 g	250 g or more
Protein	4 g	55 g to 90 g

CHOCOLATE SOUFFLÉ

*Baked soufflés have the reputation
ing sophisticated and rather intimid
make, but this one is really an airy
chocolate pudding. The large nut
egg whites adds an appealing lig
without adding extra fat.*

Prep time: 30 minutes
Baking time: 34 to 38 minutes

1/2 cup skim milk
3 1/2 tablespoons cornstarch
2 tablespoons unsweetened cocoa
1/2 teaspoon instant coffee powde
1 1/2 teaspoons unsalted butter, cu
1 1/2 squares (1 1/2 oz.) unsweetene
chocolate, chopped

(continued on pa



W. When You Have More To Do Than Dinner.

Our hearty Four-Bean Salsa
p is a meal in itself. And it
s less than fifteen minutes
start to finish, so you can
id less time preparing dinner
more time with your family.



start with your favorite smoked sausage. Then combine S&W's new
k Beans, Small White Beans, and delicious Pinquitos with our Kidney Beans and Ready-Cut® Salsa to make a dish that's as delicious as it is easy. Try it soon, and taste the difference S&W quality makes.



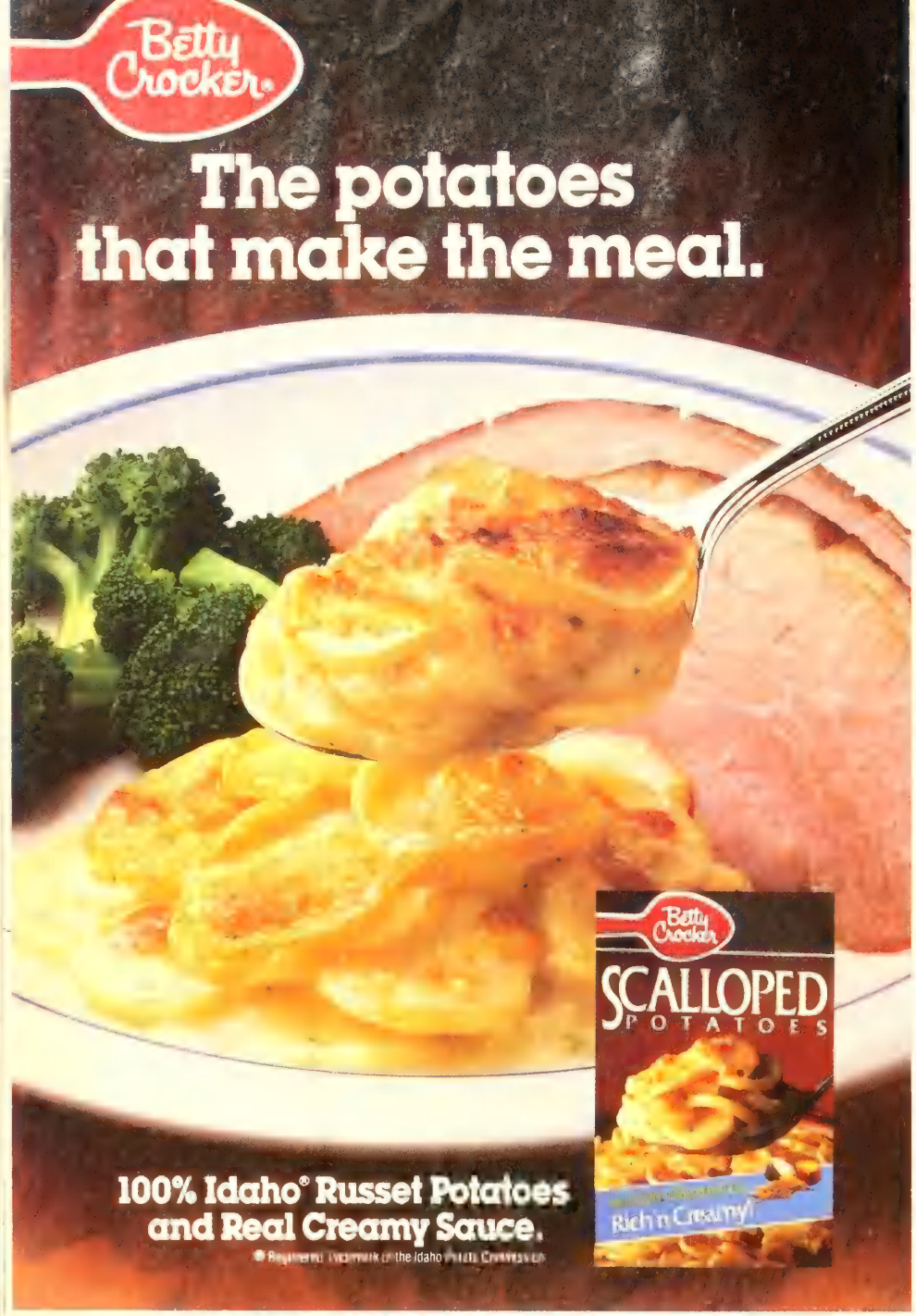
S&W Four-Bean Salsa Soup

- ›. smoked sausage, nto bite-size chunks
- ns (14½ oz ea.) ' Ready-Cut® Salsa
- n (15 oz) S&W quitos *or* S&W Chili ns, undrained
- n (15 oz) S&W Black ns, undrained
- 1 can (15 oz) S&W White Beans *or* S&W Garbanzo Beans, undrained
- 1 can (15 oz) S&W Kidney Beans, undrained
- Cilantro, chopped
- Garnish (optional) shredded Monterey Jack & Cheddar cheeses

ité sausage 3-5 min., stirring constantly. Drain ess fat. Add tomatoes, beans and cilantro; mix l. Cover, reduce heat and simmer 5-10 min., ring occasionally. Garnish with cheeses, if ired. Serves 6.

ree recipes and information about our new recipe video, e S&W Fine Foods, San Ramon, CA 94583-0587.

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travel journal

TORONTO TODAY

In the past twenty years, the city whose prim ways once earned it the nickname "Toronto the Good," has transformed itself into "Toronto the Hip," emerging, in the words of *Fortune* magazine, as "the world's newest great city." Toronto is cosmopolitan and clean, with red-and-white trolley cars, an efficient subway system and neighborhoods of neat Victorian houses easing out from the skyscraper alleys of its downtown core. A trip to this city may be the perfect antidote for vacationers whose visits to foreign cities have sometimes been marked by rip-offs and rudeness.

For starters, Toronto boasts the third-largest theater community in the English-speaking world. Some one hundred twenty professional production companies and forty-four stages present new works by Canadian playwrights such as George F. Walker as well as road-show productions of *Les Miserables*, *Phantom of the Opera* and other London and Broadway hits. This spring, the Toronto production of *Miss Saigon* comes to town in sile. augurating a theater on King Street being specially constructed for it.

Situated on Lake Ontario, it ninety minutes flying time of roun percent of the U.S. population, th dominated by the 1,815-foot, 18-s CN communications tower. Fro tower's observation deck, reache the base in fifty-eight seconds by h speed elevator, visitors can view tire city. Notable sights inclu sprawling lakefront, with its shop dominium complexes and sli leisure craft, as well as the be Toronto Islands, a community wit six hundred residents. Adjacent CN tower you'll find the $550 m Sky Dome, the 53,000-seat stadiu is home to the American Le Toronto Blue Jays.

Toronto has a multicultural mix ing in few, if any, other cities its North America. With a population million in the greater metropolita the province of Ontario's capital w ignated three years ago by the U Nations as the world's most ethn diverse city. Home to eighty e groups, including a large West I community, two hundred thou Canadians of Chinese extraction half million Italians, the city's exo is manifested throughout the year ongoing series of colorful parades, vals and festivals honoring all man saints and gods.

The Royal Ontario Museum, the try's largest, has North America's Nubia Gallery, with Egyptian art ranging from 4500 B.C. to the pr century. Stepping Out in Style, an e it tracing the history of fashio footwear from shoes worn by G knights to Park Avenue debutantes be seen at The Bata Shoe Museum lection in The Colonade, on Bloor S

The downtown Eaton Centre featu two-block-long interior and multi terraces, and is the world's busiest s ping complex, drawing 1.4 million p a week to its three hundred fifty st On the more rarefied end, there's Yorkville district in midtown, an that had an eclectic assortment of c houses in the sixties. With its Haze Lanes complex of stores and elegant tiques carved out of one-time Victo style residences, it has become internationally recognized area for s ping and dining.

But perhaps the thing that really Toronto apart is its familiar yet for feeling, the sense that it has taken best the world has to offer and ma easy and accessible. Toronto is a city signed first and foremost with peopl mind. For more information, call Toronto Convention and Visitor's Bu at 800-363-1990. —JOHN FITZGER

New Swanson Vegetable Broth.

A Golden, Mellow Blend of Nine Delicious Vegetables.
It Simply Makes Food Taste Better.

Glazed Chicken

Prep: 5 min. Cook: 30 min.

1 tbsp. margarine
6 skinless, boneless chicken breast halves
2 tbsp. cornstarch
1 can (14½ oz.) Swanson® Vegetable Broth
1/2 cup orange marmalade *or* apple jelly
1 tsp. lemon juice
Chopped green onions and chopped pecans for garnish

1. In skillet, in hot margarine, cook *half* of the chicken 10 min. or until browned on both sides. Remove; set aside. Repeat with remaining chicken.
2. Meanwhile, stir together cornstarch, broth, marmalade and lemon juice until smooth. Stir into skillet. Cook until mixture boils and thickens, stirring constantly.
3. Return chicken to skillet. Reduce heat to low. Cook 5 min. or until chicken is no longer pink, stirring occasionally. Garnish with green onions and pecans. Serve over rice if desired. 6 servings.

For great tasting vegetables, cook 3 cups of your favorite cut-up fresh or frozen vegetable combination in 1 can Swanson® Vegetable Broth until tender-crisp. Drain and serve.



Swanson Broth.
It simply makes
food taste better.

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There are 27,000 Soviet missiles. But how many fingers are on the but



The USSR is gone.

In its place is a loose confederation of states. The most urgent question now facing Americans is what's going to happen to all of the Soviet nuclear warheads.

Obviously we should encourage the new leaders to destroy their nuclear stockpiles. But how much do we know about these leaders? Can we trust them? Will they be in power long enough for us to negotiate? Will the military be doing the bidding for them?

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FOREIGN POLICY ASSOCIATION 1918

o the
escue!



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parky®

By Marty Roper

A numbered limited-edition ctor plate trimmed with 23kt gold

g! Clang! Clang!... the bell sounds. time, *Sparky's* determined—they'll have to let him come along on the ruck! So he dons his special hat and andana and grabs a fire hose, ready ce to the fire. But the firemen are no- e to be found. Then *Sparky* realizes s not a fire alarm... it's the twelve ck whistle. Time for lunch!

w, award-winning animal portrait t Marty Roper captures *Sparky's* ue character and spirit on a limited- on porcelain collector plate. Roper's tings reflect a genuine love for his ne companions.

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Sparky is appearing on a collector plate for the first time and is available exclusively from the Danbury Mint. Each numbered plate will be trimmed with a band of 23kt gold and accompanied by a personalized Certificate of Authenticity. The edition will be limited to 75 firing days, and the price is just $26.95.

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The wonderful colors and lifelike detail found in Marty Roper's work make *Sparky* a collector's dream. To avoid delay, mail your order today!

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Limit: two plates per collector

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* Includes $2.95 per plate for shipping and handling, plus applicable sales tax.

☐ Charge each plate in full, upon shipment, to my:

☐ VISA ☐ MasterCard ☐ Discover ☐ Am. Ex.

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Signature: _____

Name: _____
Please Print Clearly

Address: _____

City: _____

State/Zip: _____

Name to Print on Certificate(s) of Authenticity (if different from above)

EDR Allow 4 to 8 weeks after payment for shipment. 04

continued from page 118

2 tablespoons brandy or orange-flavored liqueur
1 1/2 teaspoons vanilla extract
2 large egg yolks
1/4 tablespoons granulated sugar, divided
Pinch salt
7 large egg whites, at room temperature
1/4 teaspoon cream of tartar
1 tablespoon confectioners' sugar

Preheat oven to 400°F. Fold piece of foil in half lengthwise to fit around 1 1/2-quart soufflé dish. Secure with twine and coat dish with vegetable cooking spray.

In medium saucepan, gradually whisk milk into cornstarch. Whisk in cocoa and coffee powder until smooth. Add butter and heat over medium heat, stirring constantly, until mixture is thickened, about 1 1/2 minutes. Remove from heat and stir in chocolate until melted. Stir in brandy and vanilla.

Beat egg yolks with salt and 7 tablespoons sugar in mixer bowl until mixture is pale and thick and forms ribbon when beaters are lifted. Gradually whisk into chocolate mixture until smooth.

In clean mixer bowl with clean beaters, beat egg whites with cream of tartar at medium speed until foamy. Increase speed to high and gradually beat in remaining 7 tablespoons sugar; continue beating until stiff and glossy, about 2 minutes. Whisk 1 cup of the whites into chocolate mixture. Fold chocolate mixture into whites just until blended. Spoon into prepared dish.

Bake 20 minutes. Reduce oven temperature to 375°F. Bake 14 to 18 minutes more, until puffy but not firm. Sift confectioners' sugar on top and serve immediately. Makes 8 servings.

Per serving		Daily goal
Calories	185	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	2.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	55 mg	300 mg or less
Sodium	75 mg	2,400 mg or less
Carbohydrates	30 g	250 g or more
Protein	5 g	55 g to 90 g

FRESH ORANGE TART

A cookie crust shows off the natural appeal of fresh oranges, and apricot preserves dabbed on the sections add flavor and shine. The result: a festive dessert that stands out in any season.
Prep time: 30 minutes plus chilling
Baking time: 20 to 23 minutes ▽○

Pastry
2 tablespoons vegetable oil
2 tablespoons unsalted butter, softened
3 tablespoons sugar
1 large egg, lightly beaten
2 tablespoons cornstarch
1 1/2 teaspoons vanilla extract
1/4 teaspoon grated lemon peel
1 cup plus 2 tablespoons all-purpose flour
6 large navel oranges
1/4 cup apricot preserves
Red currants or pomegranate seeds, for garnish (optional)

Pastry: Coat 10-inch tart pan with removable bottom with vegetable cooking spray. Beat oil, butter and sugar in mixer bowl until smooth. Add 3 tablespoons beaten egg; discard remaining egg. Add cornstarch, vanilla and lemon peel; beat until smooth. Gradually beat in flour.

Roll pastry between 2 sheets of wax paper to 11-inch circle. Place on cookie sheet and refrigerate until firm, 15 minutes. Peel off top sheet of paper and invert dough into prepared tart pan. Peel off remaining paper and trim excess pastry. Refrigerate 15 minutes more.

Preheat oven to 375°F. Line dough with foil and fill with dried beans. Bake 15 minutes. Remove foil and beans. Bake pastry shell 5 to 8 minutes more, until golden. Cool completely on wire rack.

With sharp knife, cut all peel and white pith from oranges. Cut segments from membrane and drain in fine-mesh sieve 30 minutes. Pat dry on paper towels.

Bring apricot preserves to boil in small saucepan. Strain preserves through sieve. Brush 2 tablespoons preserves in bottom of tart shell. Beginning at outer edge, arrange orange segments on shell in concentric circles. Brush with remaining preserves. Garnish with red currants or pomegranate seeds. Makes 10 servings.

Per serving		Daily goal
Calories	195	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	27 mg	300 mg or less
Sodium	9 mg	2,400 mg or less
Carbohydrates	34 g	250 g or more
Protein	3 g	55 g to 90 g

DARK FUDGY BROWNIES

The secret to these surprisingly rich brownies is the combination of unsweetened cocoa and rich unsweetened chocolate. A bit of butter is added to round out the flavor.
Prep time: 15 minutes
Baking time: 21 to 25 minutes

1/2 teaspoon instant coffee powder
1 1/4 teaspoons hot water
1 2/3 cups confectioners' sugar
2/3 cup all-purpose flour
1/4 cup unsweetened cocoa
3/4 teaspoon baking powder
Pinch salt
1 1/2 squares (1 1/2 oz.) unsweetened chocolate, chopped
2 tablespoons plus 2 teaspoons vegetable oil
1 teaspoon unsalted butter
2 tablespoons light corn syrup
2 teaspoons vanilla extract
2 large egg whites

Preheat oven to 350°F. Line 8-inch square baking pan with foil. Coat with vegetable cooking spray.

Combine coffee and water in small cup, stirring to dissolve coffee. Sift together flour, cocoa, baking powder and salt into bowl. In medium saucepan, combine chocolate, oil and butter; cook, stirring over very low heat just until melted and smooth. Remove from heat and stir in corn syrup, vanilla and dissolved coffee. Stir in egg whites. Add dry ingredients and mix just until blended. Spread evenly in prepared pan.

Bake 21 to 25 minutes, until top is almost firm. Cool on wire rack 15 minutes. Lift brownies and foil from pan and cool completely on wire rack. Peel off foil and cut into 12 bars. Makes 1 dozen.

Per brownie		Daily goal
Calories	155	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	56 mg	2,400 mg or less
Carbohydrates	27 g	250 g or more
Protein	2 g	55 g to 90 g

Recipes adapted from "Dream Desserts: Low-Fat and Calorie-Wise Recipes" by Nancy Baggett. Copyright © 1992 by Nancy Baggett. Published by Stewart, Tabori and Chang.

Just Desserts!

Ignoring your sweet tooth can lead to cravings—and bingeing. When you're eating on the run, fresh fruit, frozen yogurt or a frozen-fruit bar can be a satisfying sweet cheat. But how can you indulge in your favorite desserts and still keep fat and calories under control? We asked Nancy Baggett for some tips:

- If a baking recipe calls for sour cream in the batter, try nonfat plain yogurt instead. There's no tang after baking, and the yogurt adds moisture, which is especially important if you're reducing fat in other ways.
- Eliminate the nuts in a recipe. If you can't give nuts up entirely, toast half the amount called for: Toasting heightens the flavor, so you can use fewer.
- Build layers of flavor to cut back on fat. Try topping an angel food cake, which contains almost no fat, with a small amount of custard and a fruit sauce. Add depth to the flavor of many desserts with a little vanilla or a pinch of grated orange or lemon peel.

side the journal kitchen

You asked for it!

HJ:

Paul's Louisiana Kitchen, in New Orleans, I had an Amish Cake that is kind of a bread pudding made with sour cream. us! Could you get the recipe?

Pansy R. Little,
Montgomery, Alabama

AKES THE CAKE!

cipe hails from Indiana—a long way from the French Quarter. s so good that the Crescent City's most famous chef, Paul omme, includes it in his book, *Seasoned America*. Traditionally as a side dish for a meat entrée, Chef Paul also recommends h, savory quick bread for lunch with a salad.

oven to 425°F. Grease 10-inch orm pan.

ONING MIX: In small bowl, e 1 tablespoon poppy seeds, spoons paprika, 1¼ teaspoons easpoon onion powder, ¾ tea- *each* marjoram and freshly pepper, and ½ teaspoon *each* epper and dillweed. Set aside.

4 tablespoons butter in large ver medium-high heat. Add 3½ hopped onions and cook until , 10 to 15 minutes. Add 4 tea- s of the Seasoning Mix and cook agrant, 30 seconds. Remove eat and set aside.

nedium bowl, whisk 2 large 1 cup sour cream, 2 table- s melted butter and 1 table- spoon dark brown sugar. Set aside.

Combine 2 cups all-purpose flour, ¼ cup cornstarch, 2 tablespoons sugar, 4 teaspoons baking powder and remaining Seasoning Mix in food processor. With machine on, add ½ cup cold butter, cut up; process until mixture resembles fine crumbs. In large bowl, whisk 3 large eggs and ½ cup milk. Stir in flour mixture just until moistened. Spread batter evenly into prepared pan. Spread onion mixture evenly over batter. Top with a layer of sour-cream mixture. Bake 25 to 30 minutes, until top is golden and bubbly. Cool 10 minutes, then remove sides of pan. Cut cake into wedges and serve warm or at room temperature. Makes 12 servings.

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Kirstie Alley

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decided, as many childless couples are now doing, to bypass the usual agency adoption process in favor of a swifter, independent adoption. In some cases like these, a lawyer helps a couple who want a child to locate a mother who wants to give up her baby. The adoptive parents usually pay the birth mother's medical expenses, as well as the legal costs for both sides; in some states they also pay the birth mother's living expenses for the last few months.

Not surprisingly, the price tag for an independent adoption can be steep: as much as $25,000. Still, to Kirstie and Parker, it was worth almost any amount to finally have a child. "The family unit is as stable as anything on this planet," Kirstie once said. "Without it, I don't think life for me would have much fulfillment. . . . I'm a loving person, and I've always wanted to have children."

When True, as he'll be called, finally came home to his mother, Kirstie was ecstatic. "My baby is the cutest baby in the world!" she declared proudly.

Love and money

And True will surely be among the world's most comfortable infants: In addition to vacation hideaways in Oregon and in Islesboro, Maine, Kirstie and Parker have a thirty-two-room mansion in Encino, California, which the actress, a former interior designer, decorated herself. Also in residence at Encino: Kirstie's forty-odd pets, including dogs, raccoons, geese, chickens, cats, parrots, turkeys and possums—a menagerie guaranteed to make True's childhood one of the more unusual in Hollywood.

"The animals love him," Kirstie says of her son. "We have five dogs. And one of the dogs, Lizzie, lies on the bed and protects him from the other dogs. But they all love him. There's been no jealousy."

Kirstie's associates say that the actress will give her son more than just a luxurious environment; she'll also provide him with love, attention and understanding. A natural mom, she's always been at ease with children and comfortable handling babies. Says director Amy Heckerling, who worked with Kirstie in *Look Who's Talking* and *Look Who's Talking, Too* (coincidentally, tales of motherhood): "She was always very good with the kids on the set. She was very loose, open, silly and warm. . . . She's a wonderful, fun-loving person, so what more does a kid need?" *Cheers* co-star Ted Danson agrees: "She's a very loving person, and she'll make an outrageously fine mother."

Still, the first few days of motherhood were a bit less idyllic than Kirstie had expected. "We hadn't read any books. We had no idea what we were *(continued)*

doing," she told *The Tonight Show* host Jay Leno. "But he was so sweet, and the only thing that he's done that was a little out of the ordinary was, well, he's sort of constipated. So, I put prune juice in his formula, and then I was sitting there, getting ready to go to work, and he sort of shot poo on me. . . . It doesn't say that in any book. It does not say your baby's lying in bed and shoots poo on you!"

Yet even messy incidents like these can't dim Kirstie's enthusiasm: Coming in the wake of her tragic miscarriage, her newfound motherhood is all the sweeter. When she found out, two and a half years ago, that she was pregnant, she was so excited that she reportedly splurged $23,000 on maternity clothes and outfits for the baby, and began decorating the nursery. But in her third month, she was rushed from the set of *Cheers* to the hospital, where a sonogram revealed that the baby was dead.

"The tests showed that it was Down syndrome," she's said. "The body rejected [the baby] itself—[the spontaneous abortion] had nothing to do with what I did," she's said, referring to her demanding work schedule. But she has also said what so many women do in her situation: that all the reasons in the world, all the little pep talks she gives herself, will never take away the pain. "I wasn't far enough along to feel the baby kick, so the loss I felt was more mental than physical. [But] in those first few weeks you mock up an entire life—who the baby is going to look like, where it's going to go to college. That's the loss I suffered."

The event was all the more heartbreaking because of Kirstie's age, which left her even less time to have a child than she had publicly acknowledged. According to an executive at Paramount Studios, where *Cheers* is shot, "Kirstie is forty-two, four years older than her acknowledged age of thirty-eight."

The dangers of motherhood

Under circumstances like these, it's not surprising that Kirstie has to guard against some well-known maternal pitfalls. Says Lawrence Balter, Ph.D., a clinical psychologist and author of the upcoming book *Not in Front of the Children: Helping Your Child Handle Tough Family Matters* (Viking), "Kirstie should look out for being overly protective and indulgent. Because she's an adoptive parent who has tried unsucessfully to have her own child, she may feel so grateful and happy to have a baby now that she runs the risk of smothering him."

And Kirstie's own wild, drug-laced youth could turn her into an excessively conservative parent. After all, a woman who spent two years in a self-admitted "drug stupor" before kicking her $400-a-week cocaine habit is hardly likely to welcome any kind of experimentation on the part of her son. Yet, at the same time, she knows that parental discipline has limited effectiveness: Although her own mother was strict—"She didn't let me wear makeup or go out after nine," the actress has said—that didn't prevent Kirstie from a typically wild teenage life in Wichita, Kansas.

Those who know her best, though, think it's unlikely that Kirstie, with her combination of tough-minded realism and self-deprecating humor, will fall into such parental traps. What the actress does have to guard against, they agree, is trying to do too much at once, demanding too much of herself both at home and her career. Her own husband has said, "Kirstie's got a major fault, it's that she's trying to cram six lifetimes into one."

And her pace seems unlikely to be slowed by motherhood. She's taping the sixth season of *Cheers*, and though the fate of the long-running hit show is uncertain, work won't exactly be scarce for Kirstie. She's considering various projects, including *Look Who's Talking III*, and is trying to interest producers in a script she's written, *Hold on Tight*, a love story that will star Kirstie and, as actress wisecracks, "some guy who looks great without a shirt on."

Surprisingly, she says she doesn't want to act opposite Parker again: They starred in the TV miniseries *North and South*, and, she has said, they're "very critical of each other's work." But she'd like to work again with rock star Prince ("He's so cool!"), having recently appeared as a pushy reporter in his sexy hit video "My Name Is Prince." Says Kirstie dryly, "I don't take my clothes off. Not any of them. So young William will be proud of me."

What a joy it must be for her to be able to say that. After all, this is the woman who was determined not to be defined by her tragic miscarriage, and who said, "There will be babies." So strong was her desire for a child, Kirstie said at the time that even if she was never able to have a baby of her own, she and her husband would "adopt twenty of them."

Or maybe, as it turns out, just one very lucky little boy.

Jeff Rovin, a contributing editor to it, writes frequently about celebrities.

The independent-adoption option

Independent adoptions like Kirstie's account for one in three non-family adoptions, according to the National Council for Adoption in Washington, D.C. Adopting without the help of an agency takes initiative and ample funds, but it can be a quicker route to parenthood, especially for those seeking a healthy, white American infant. It takes six months to a year to adopt such infants—usually the most difficult to find—versus three to five years using a private agency. Independent adoptions are also attractive for couples whom private agencies deem too old to adopt.

Couples who want an independent adoption usually begin by hiring a lawyer who specializes in the complex process. Depending upon the state's adoption laws, prospective parents can then try to locate a birth mother on their own or with the help of their lawyer, most often through advertisements. An adoption agreement is reached verbally; by law, a legal consent form cannot be signed until after the baby is born. It is usually up to the adoptive parents and the birth parents to decide how much contact, if any, they want to have and how much they want to know about each other.

Independent adoptions are usually as expensive as private-agency adoptions, costing anywhere from $6,000 to $25,000; however, in an independent adoption the adoptive parents run the risk of losing their entire investment if the birth mother decides to keep the baby. The adoptive parents typically pay for all legal fees involved as well as the medical fees of the birth mother.

For more information, call or write the National Adoption Information Clearinghouse, 11426 Rockville Pike, Suite 410, Rockville, MD 20852; 301-231-6512. —Nadia Zo

generations. The more relatives you talk to about your family medical history, the more you'll know about your areas of genetic vulnerability.

Question medical test results. All screening tests—especially newer ones—are prone to error. (Even a basic blood-pressure reading can be thrown off if the test-giver is inexperienced or the cuff doesn't fit.) Inaccurate test results can lead to unnecessary surgery, chemotherapy or radiation treatment. So whenever a test result indicates trouble, get a second opinion or a second test.

Go right to the top specialist for a second opinion. When should you seek a second opinion? ● When you have a complex, confounding or chronic problem. ● When the prescribed treatments are not working. ● Before major surgery, chemotherapy or radiation therapy. Surgery involves risk—one study estimates that 1.3 percent of all patients undergoing operations die. If a second opinion can preclude taking that risk, it's time and money well spent.

Avoid the hospital unless absolutely necessary. Hospitals are teeming with bacteria. Each year some two million hospital patients acquire a nosocomial (hospital-originated) infection, according to one study. So take some precautions: Avoid the hospital by opting for outpatient procedures, if possible. If you are hospitalized, the shorter your stay, the better.

16. *If you stay in a hospital, insist that any medical professional who comes in contact with you wash her hands first.* Doctors and nurses don't do enough of this; infection can easily hitchhike a ride from another patient onto the health-care professional's hands, then onto you.

17. *Be cautious with prescription drugs.* Before you take any, you should have a thorough understanding of the intended effect. Ask your doctor: ● What benefits will this medication provide? ● What negative side effects can I expect? ● These are the other drugs I am currently taking. Will there be any bad drug interactions? ● How soon can I stop taking this medication? Double-check your doctor's advice with your pharmacist.

Making your surroundings safer

Buy a car with airbags and an anti-lock braking system. Nearly twenty thousand deaths and more than a million injuries per year are caused by front-end crashes. Airbags, when used with seatbelts, can improve your chances of survival in such a crash.

Another safety feature is an anti-lock brake system. This gives a driver more control when she has to brake suddenly on wet pavement, by automatically pulsing the brakes.

To get safety ratings on more than one hundred car models, send a SASE to Safer Car, Insurance Institute for Highway Safety, P.O. Box 1420, Arlington, VA 22210.

19. *Make your home safer—avoid falls.* Falls are the leading cause of accidental death, and most of them result from seemingly innocuous household accidents: slipping in the shower or tumbling down the stairs. So take a few precautions. Tape or tack throw rugs to the floor; repair worn stairs; install handrails along stairways and in the tub and shower.

20. *Install smoke detectors on each floor of your home.* Check the batteries twice a year—make a habit of changing them when you turn your clock backward or forward for daylight saving time.

A healthy environment

Flush indoor air pollutants out of your house. Some of the worst pollution can be found right in our own homes. Our houses—especially newer, energy-efficient models—can trap the pollutants that build up inside. Aerosol sprays, gas stoves, fireplaces, air conditioners and even carpets and furniture (which are treated with chemicals) all generate pollution. To remedy the problem, don't seal up your house so tightly; open the windows occasionally. And fill your house with plants, which clean the air naturally.

Test your tap water for toxins. A wide variety of dangerous contaminants can get into your water supply—chemicals, bacteria, lead—and some are linked to cancer, birth defects, heart abnormalities and other life-threatening problems. It's especially important to test your water if you get it from your own well. Your local health department will test your water for a small fee.

Make wearing sunscreen a habit. The most serious form of skin cancer, malignant melanoma, strikes thirty-two thousand Americans each year, killing about 25 percent of its victims. Your best precaution is to limit your time in the sun, especially if you are fair-skinned, fair-haired and blue-eyed. If you're going to be outdoors between ten A.M. and three P.M., wear a sunscreen with an SPF 15 or higher.

Examine moles regularly for any changes in color, size, thickness or outline. If you see any, immediately bring them to the attention of your doctor.

24. *Protect yourself against pesticides.* Many pesticides have proven carcinogenic in tests with laboratory animals, but experts disagree on pesticides' risk to humans. It's better to err on the side of caution, though, so wash all fruits and vegetables with water before you eat them; remove peels and outer leaves to reduce pesticides further. Look for organically grown produce, or buy from local growers, who can tell you about pesticides they use.

Healthy mind, healthy body

Get enough sleep. Americans repeatedly shortchange themselves on sleep. Fatigue impairs judgment and self-control, and makes it harder for us to relax or feel pleasure, which are important for living longer.

Most adults require between seven and nine hours of sleep a night; if you nod off easily during the day or feel generally draggy, then you should try going to bed thirty to ninety minutes earlier each night. If insomnia is a problem, don't take sleeping pills; instead, ask your doctor to refer you to a reputable sleep-disorders clinic.

Recognize that stress is a killer. One of the most valuable life-lengthening steps you can take is to reduce excess stress. A stressful life and mind-set can wreak havoc on your body and result in a wide variety of ills: heart attack, stroke, stomach ulcers, asthma, gastritis, menstrual disorders, irritable colon, elevated blood pressure and headaches.

Review a typical week to spot what makes you anxious. Once you've identified your stressors, work to eliminate them. For instance, if you make a daily mad dash to work, you may be able to cut stress simply by leaving home a half hour earlier. Therapy and self-help books can help you unlearn self-defeating patterns of behavior.

27. *Be an optimist.* An upbeat outlook on life can boost the immune system, strengthen resistance to cancer and promote general good health. And so can your relationships: One study showed that unmarried men and women between the ages of forty-five and sixty-four were twice as likely to die within a ten-year period as their married counterparts. Having friends may be just as important as marriage to longevity: Studies show people who have friends and social activities are not only happier and healthier than more reclusive types, they also live longer.

eople's Medical Society is a nonprofit consumer-health organization. For more information or for more details about membership, write
People's Medical Society, 462 Walnut Street, Allentown, PA 18102, or call 215-770-1670.

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The $300 makeup lesson LHJ brings you a session with a top beauty pro. Learn the secrets to model-perfect looks, and put your best face forward.

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AT HOME WITH A MARRIED WOMAN **Pages 98–101:** Interior design, Jeffrey Riedel Interiors, NYC, 212-755-0686; interior painting, Al Gardner, 914-242-0043. Living Room: Antique and Aubusson style pillows, Slatkin & Co., NYC, 212-794-1661; green goblet and yellow plate, Pierre Deux, NYC, 212-570-9343; green chenille throw, Panache, Yellow Monkey Village, Cross River, New York; sofas, Shabby Chic, NYC; green velvet throw pillow, Brunschwig & Fils; burgundy throw pillow and floor pillows, Clarence House; Cloissine floor lamp, Nicholas Antiques, NYC. Dining Room: Plaid lampshades, dark yellow plate, Pierre Deux; "Julie's Quilt" painting, by Thomas Stratton, Images Art Gallery, Briarcliff Manor, NY; "August Eggplants" painting, by Sally Cook, Frank J. Miele Gallery, NYC, 212-876-5775; Portuguese platters and plate, green Spanish wine glasses, Consider the Cook, Yellow Monkey Village; six striped fruit plates, Eclectic Interiors, Bedford Hills, NY; antique quilt and antique plaid tablecloth, Laura Fisher Antiques, NYC; colored wooden bowls, Craft Marketplace, Chappaqua, NY; wooden platter, napkins, The Gazebo, NYC, 212-832-7077; green cabbage plates, Keesal & Matthews, NYC; rustic iron candleholders, ABC Carpet & Home, NYC, 212-473-3000; stacked yellow ware and wooden bucket, Judith & James Milne, Inc., NYC, 212-472-0107; nineteenth-century crocks, Yellow Monkey Antiques; chandelier, Yellow Monkey Village; shades, Pierre Deux. Master Bedroom: antique trunk and wicker suitcases, Laura Fisher Antiques; needlepoint rug, brass lamps, ABC Carpet & Home; chenille throw, white lace pillows, lamp shades, Panache, Yellow Monkey Village; Urn pillow on bed, Cottages and Castles, Chappaqua, NY; small needlepoint pillows, The Gazebo; duvet fabric, Fount Hill Ltd. Second Bedroom: antique "Double Wedding Band" quilt and antique quilt on armoire, Laura Fisher Antiques; rag rug, quilt on bed, dolls, tole planters, doll's rocker, stacked boxes, The Gazebo; rustic country chairs, ABC Carpet & Home; dog fireplace companions, Mabel's, NYC, 212-734-3263; blue-and-white antique spongeware pitcher, Judith & James Milne, Inc.; blankets on top of armoire, Panache; Barbie picture frame, His and Herlooms, Chappaqua, NY; English pine hutch, Golden Oldies, Flushing, NY.

OIL OF OLAY CONTEST RULES

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1. Complete entire entry form or use a 3"x5" piece of paper with the following information: name, address, age and signature. Include with form the following: a box tab with Universal Product Code from any Oil of Olay skin-care product; a statement of fifty words or less on why you look great for your age; your most important skin-care tip; two (2) current photos, one full-length and one close-up (head and shoulders shot). Photos must be in color and no larger than 5"x7" in size.

2. Mail to: Oil of Olay/Ladies' Home Journal Contest, P. O. Box 1319, Radio City Station, New York, NY 10019-1319. All entries must be received by January 31, 1993. Limit one entry per person. Sponsors won't be responsible for lost, misdirected, incomplete, damaged or late mail. All photos and materials submitted become the sponsors' property and will not be returned or acknowledged.

3. All original entries will be judged under the supervision of VENTURA ASSOCIATES, INC., an independent judging organization whose decisions are final. Ventura will select 150 entrants. The entrants will be judged by a panel of experts designated by Oil of Olay and Ladies' Home Journal, and ten (10) runners-up will be selected. This panel will consist of advertising, media and beauty experts. Five finalists will then be selected from the 10 runners-up and requested to come to New York City for a mini-pageant. The mini-pageant will be judged by the panel of experts, and a Grand Prize winner will be selected. All judging by VENTURA ASSOCIATES, INC. and the panel of experts will follow the same criteria. Photographs will be judged on subjects' youthful appearance relative to actual age (0–15 points); overall appearance and photogenic qualities (0–10 points); judges' perceptions of the skin quality, i.e., clarity, color, firmness, fine lines (0–10). A fifty-word statement on why you think you look great for your age will be judged on judges' perceptions of the effort and dedication to looking younger than you are (0–10); and clarity of expression (0–5). The contestant with the highest point total will win. In the event that scores are tied at any point in the selection process, judges will judge the skincare tip in order to choose winner(s). Tips will be judged on perceived effectiveness and originality. Decisions of judges are final.

4. Contest is void in Vermont, Hawaii, Alaska and Puerto Rico. Maryland, Florida, Connecticut, Louisiana and Arizona residents need not include proof-of-purchase.

5. All ten runners-up will receive a year's supply of Oil of Olay skincare products. The five runners-up not selected as one of the five finalists will each receive a cash prize of $1,000. The five finalists will receive a two (2)-day trip to New York City, to participate in a grand-prize selection mini-pageant. Oil of Olay will provide round-trip air transportation, hotel accommodations and meals for each winner and husband (or an escort) for two (2) days. All winners will also receive a professional hair and makeup makeover on the morning of the mini-pageant. Restaurant, theater accommodations, and a reception with TV-show cast will also be included. (Approximate retail value, $2,500 to $6,000 each.) The Grand Prize Winner will on a popular CBS television daytime soap opera (Oil of O provide round-trip air transportation, hotel accomodati meals for both the Grand Prize winner and escort); a receive a family membership (or membership for the and a friend) for one year at a local Health Spa (d equivalent up to $5,000). (Approximate retail value $ to $14,000. Tip values may vary depending on w location.) The Grand Prizes or any other prize a exchangeable, refundable or transferable. There will substitution of prizes except as may be necessary unavailability. NOTE: The Grand Prize Winner n requested to participate and be featured in a tour (up cities) to publicize the contest. Transportation and meals provided by Oil of Olay.

6. The ten runners-up will be notified by mail on or February 28, 1993 and must consent to participate in any interviews scheduled by Oil of Olay. The five finalists consent to be available and to participate and render serv connection with a final mini-pageant to be held in New Yo before March 16, 1993 and to participate in photography sessions and media interviews, or they will be replaced by the 5 runners-up not selected as a finalist. All entrants a grant to the sponsor of the contest the right to use their n hometowns, photographs and written comments in conn with any promotion, publicity and advertising on behalf of Olay skin-care products in connection with the contest and additional compensation. The Grand Prize Winner will also services for additional photography/taping sessions in conn with any promotion, publicity and advertising on behalf of Olay for the contest, and as a participant in a tour. In the that one of the winners cannot complete all responsibilities pregnancy, illness or unacceptable change in overall appea one of the finalists will assume only responsibilitie uncompleted. All ten runners-up will be required to sig return an affidavit of eligibility and release within seven d date of notification prior to receiving any prizes or being invi New York City for final judging. This will require submitting of age. A photocopy of a birth certificate, driver's licen passport will be accepted as proof of age. Failure to fo completed information as required may result in forfeitu prize, and an alternate winner may be selected. The Grand Winner will also agree to join the Screen Actors Guild a expense of Oil of Olay, should this be necessary.

7. Contest is open to residents of the continental U.S. age over, whether or not they've done modeling or ac Employees and their families of Meredith Corp., Proct Gamble, CBS Inc., their respective affiliates, subsidia advertising agencies and VENTURA ASSOCIATES, INC. ar eligible. All federal, state and local laws and regulations a Contest void where prohibited or restricted by law. Taxe prizes are winner's responsibility.

8. For a list of winners, their states of residence and their p won, send a self-addressed, stamped envelope before M 16, 1993, to: Oil of Olay/Ladies' Home Journal Co Results, P.O. Box 818, Gibbstown, NJ 08027.

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:e in –20°F., and even above-emperatures may cause cold /, warns the American Or-edic Foot and Ankle Society. r people may be at higher risk ostbite because they have circulatory problems to begin ' says Thomas Meloy, M.D., nan of the emergency medical :es at the Mayo Clinic, in ster, Minnesota.

stbite can affect any part of the but the hands, feet, nose and e most vulnerable. You should t frostbite if you feel a loss of ion in an area that was uncom-ly cold or if the affected skin red, then pale and waxy white. prevent a mild injury from be-ıg life-threatening, get out of ld, and seek medical attention diately. Meanwhile, rewarm ostbitten areas by covering with er parts of the body—yours or ne else's—or, even better, thaw arm bath of 96°F. to 100°F. Ex-ourning or throbbing pain as eas thaw. Never rub the frozen , especially with ice, or let a d part become refrozen—that nly cause more damage. Even recovery, the area will be more otible to another cold injury.

prevent frostbite, stay dry and by dressing in light, loose-fit-ayers that insulate and shield. se a jacket that's water-repellent windproof. Cover your head, face and hands (mittens are r than gloves), and wear ear that does not restrict your lation. Avoid alcohol and nico-n the cold, as these substances circulatory problems that can n frostbite. ■

Springer specializes in health and al subjects.

credits, page 128: (Sinead O'Connor) rah Feingold/Outline; (Madonna) Eric rt/Sygma; (buttons & trolls) David Zee; er and Hillary) Allan Tannenbaum/Sygma; U.S. Postal Service/Sipa; (Johnny Carson) ide World Photos; (Murphy Brown) line Overton/CBS.



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MEMORIES ARE MADE OF THIS

WHETHER YOU REMEMBER TO WRITE THE DATE ON YOUR CHECKS, 1993 HAS ARRIVED, AND LAST YEAR IS FAST BECOMING A FADED MEMORY. BUT SOME EVENTS CLEARLY STOOD OUT. WHO CAN FORGET THESE?



(Clockwise from top right) **Campaign '92 trivia** And the answers are: Gennifer Flowers. James B. Stockdale. Family values . . . **A royal mess** When Fergie went topless, her in-laws (and husband) went bonkers . . . **Theeere goes Johnny** No more Carnac or jokes about Doc Severinsen's jacket? Insomnia won't be the same . . . **Murphy Brown, Campaign Issue** Dan, leave us TV characters alone—concentrate on your spelling . . . **Stamp of approval** Elvis fans chose the forever-young King over the older version by 3 to 1 . . . **The return of the trolls** They're short, their ears stick out, and they're surprisingly popular. Just like Ross Perot . . . **The good girls** Blonds do have more fun, especially when their husbands are nominated . . . **The bad girls** Madonna thinks it's okay for her to sell a book of X-rated photography. But should Sinead O'Connor have ripped up the Pope's picture? No way, she says. Thank goodness: Madonna does have *some* standards.

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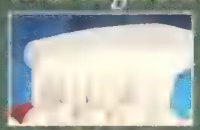
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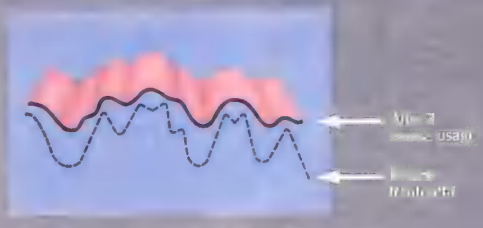
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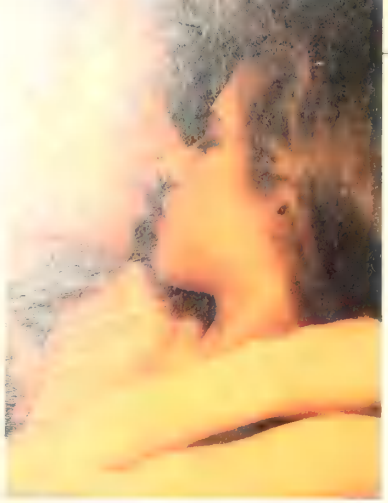


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SEX AND THE MARRIED WOMAN
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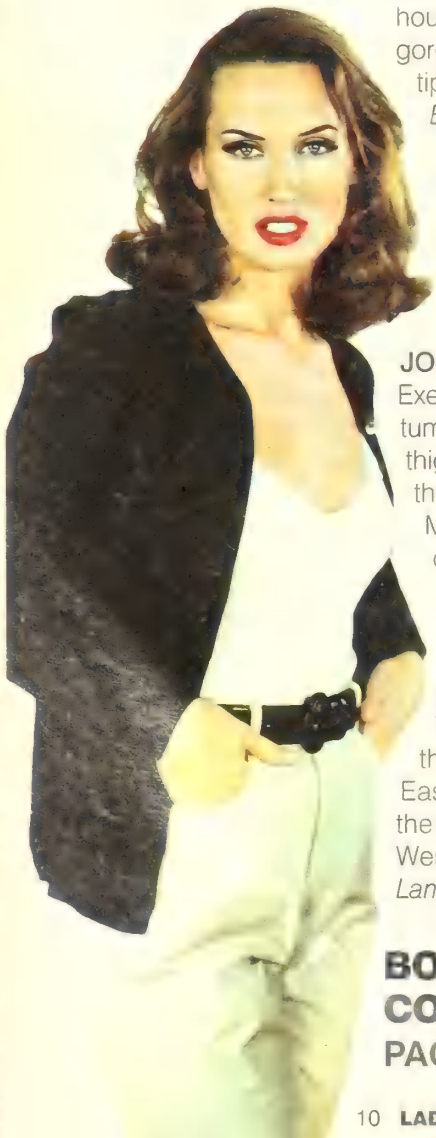
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Cover: Sally Jessy Raphaël photographed for the Journal by Bill Bernstein. Hair and makeup, Richard Penna; stylist, Cynthia Raffa. Clinton inset, Sopol/Sipa Press.

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Love is in the air



In this issue, as always, there are a lot of features that are news-making and provocative, such as our report on the new and frightening crime of carjacking and our special health section on women and heart disease. There are also interviews with several interesting people, including our cover personality, Sally Jessy Raphaël. I spent several hours talking with Sally, whom I liked very much, for our article.



Husband Edward Cirignano and Susan Parkes

There is also a lot about love in the magazine. A couple of months ago, we asked readers to share with us the story of how they met their husbands. We received almost twenty-five hundred letters from you. We could print only seven of these tales. But, quite frankly, every single one of them was wonderful because it was the story of the beginning of an enduring relationship. Lately, love has been the subject around our offices as well: Five of our women staffers have recently married or are planning to marry in the very near future. Don't these couples all look beautiful? So enjoy this issue, and put it down only to give a kiss to the person you love.



Tricia Callari and fiancé Julio Gonzalez



Fiancé Wayne Taub and Nicole Milton



Jane Hirsch and fiancé David Olshever



Shana Aborn and husband John O'Hare

Myrna Blyth

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"Stress is ruining our marriage"

BY SHIRLEY J. LONGSHORE

LILAH'S TURN "It's hard to believe that my marriage is falling apart so soon," said Lilah, thirty-two, her voice alternately rising and falling, her hands gesturing actively. "We should have celebrated our first anniversary last month, but instead, we're like ships passing in the night. The other day, Kent told me that if things don't get better soon, the marriage will be over.

"Our life began to unravel right after we were married and moved to Kent's hometown. I was wrenched away from my family, my friends—and now my husband's job as a research chemist is taking him away, too.

"I waited a long time to get married, and had dated a lot of men, but no one seemed like the right person. Kent was, well, different. He was serious, committed, responsible—we met because we both love ballroom dancing, which, of course, we no longer have any time for. We started dating and had so much fun together that I couldn't help but fall in love with him.

"But, as I started to say, last February, right after we were married, I found out my father, who had always been in good health, was hovering near death and in need of a kidney transplant. It was such a shock to all of us, and I raced home to be by his bedside. I'm the oldest of five in a very tight family, and my mother, who never seemed to manage anything well, let alone a crisis, needed me there. Oh, she was desperate.

"Thank God my father came through that ordeal all right, but for weeks during his recuperation, I was shuttling back and forth. That four-hour round-trip bus ride was physically and emotionally exhausting, but my husband seemed strangely oblivious to it all. Kent kept calling and asking when I'd be coming home. He didn't seem to care how my father was, or how I was, just when would I be there for him. Maybe he's not close to his parents, but I am.

"The irony is that even if I had been home, he probably would have been at his lab, so what's the point? Even before he was hired at this top-notch research firm, Kent put in long hours, but never like this. With my part-time work as a secretary, and my class schedule—I enrolled at the university here to finally earn my college degree—you can see how limited our time together is. *(continued)*

THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF KENNETH RUGE, D. MIN., A FAMILY THERAPIST IN PRIVATE PRACTICE IN NEW YORK CITY. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.


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Kent is often in the lab until two or three in the morning. Oh, when he remembers, he'll call and tell me he'll be home around eleven P.M. But then he doesn't arrive till the wee hours, and I'm frantic, wondering if he's with another woman or in some car wreck. The fact that I now spend nearly every weekend with my folks has become a huge bone of contention between us. I just don't understand how Kent can be so selfish. I come home drained from my visits with my family and get no comfort whatsoever from my husband. Only once during my dad's illness and recuperation did Kent come with me.

"What saddens me most is that there doesn't seem to be any room for fun in our life. Our sex life is still good—when we have time for it. But the laughter, the affection, the little funny notes or a quick call to say, 'I love you; I miss you'—forget it. Kent doesn't think of those things or appear to need them at all. He doesn't even tell me about his work, which is clearly the focus of his life, not me.

"I feel left out of his world and so alone. And if I try to tell him why I'm so upset, he quickly changes the subject and makes me feel stupid for even mentioning it. That makes me furious! I can't stand to feel shut out. So I lose my temper. Sometimes even that doesn't trigger a reaction in this man. He's a stone wall.

"But, boy, does he know how to hurt me. Probably the worst thing he could say is, 'You're just like your mother.' Not that I don't love her. But I've been striving so hard to be different from her. Mother is very pessimistic and very passive; she accepts whatever life brings her. In my family, women never went to college; they got married and had babies. I want more from my life. It's been a struggle, but I'm determined to graduate—I have a 3.9 grade point average right now. I'm not afraid to work hard, and I intend to work on my marriage. But not if I get no feedback and no love at all from my husband."

KENT'S TURN "I'm wiped out from Lilah's attacks on me and really don't know what to say to you now," said Kent, thirty-four, as he took off his lab coat and loosened his tie.

"I had no idea our marriage would turn out like this either. I was very much in love with Lilah. From the time she introduced herself to me at that dance class, I knew she was different from the other women in my life. I was so strongly attracted to her—not just her looks, but her incredible energy. I had been involved with several women in the past, but those relationships had all ended badly and I wasn't ready to make a commitment so soon. I purposely kept my foot on the brake. But Lilah won me over. I never thought for a minute that that energy would come back to haunt me.

"What I mean is, now I see it's not just energy—everything with her is a big deal. She's so intense, so dramatic. I'm tired of fighting with her. Or rather, her fighting with me. Screaming and arguing is not my style.

"Unlike Lilah's family, mine is low-key. We were never very close. In fact, the less I have to do with my family, the better off I am. Lilah doesn't understand that either. She says I'm 'antisocial' or something.

"I was a loner growing up, the middle of five kids. I think I sort of got lost in the crowd. No one talked much to anyone else, and we weren't a real sentimental bunch. We just went about our business. My parents are blue-collar—

"After ten hours on the job, I have no strength for Lilah's explosions," sighed Kent. "If she wants to leave, how can I stop her?"



Dad worked long hours as a factory foreman, often doing overtime, and my mother, a housewife, never complained. I was brought up to believe that hard work was what a good husband and father does. The way I see it, my hard work now is an investment in our future. Can't she see that? Why does she berate me for not reporting in all the time?

"Lilah has helped me come out of my shell, to be more outgoing and connect better with people. It's hard for me. I'm not comfortable speaking up, and I don't really know how to maintain friendships. But to be honest, I don't get the feeling that she really cares to hear what I want to say when I finally *do* muster my courage.

"Frankly, even if I could cut my hours, I'm not so sure I'd want to spend my time with Lilah. Who wants to come home to the third degree? She's suspicious. . . . I'm working until I can't see straight, and she thinks I'm having an affair. It doesn't make any sense. The and pressure at my company is unre ing; all these high-powered peop have a good job with a leading firm I'm beginning to wonder if it's wor No one feels appreciated; there's no back—unless they don't like what y done, and then you hear from them lieve me.

"So I go from one pressure cook another. After ten hours on the j have no strength for Lilah's explos She's always screaming, 'I'm sick of I can't take this anymore.' Well, i wants to leave, how can I stop her?

"Last week, when I told her she acting like her mother, she went c I didn't do it to hurt her. But e time she comes back from a visit t she's depressed and downtrodden. ative about everything. Don't ge wrong; I know how ill her fathe and I am compassionate. But I ha see the way they treat her. As far as concerned, she's too close to th Lilah's family makes her feel like a zero. It's so obvious the way they down everything that she's doing all her accomplishments. That's w refuse to go see them with her.

"Okay—maybe I am a little jea that she runs off to them every week instead of spending time with me. tired of second billing. I don't think told her that in so many words, thoug

"I'm confused. I thought I k Lilah. I thought we had something special. But I think I'm finally rea ing that these long absences are stroying our marriage. My fear is it's just too late."

COUNSELOR'S TURN "Kent Lilah were under so much stress du major life changes and interferences they were unable to see their probl clearly or to put them into perspecti the counselor said. "This couple sca ly had time to find out about each o before they were overwhelmed w crises that would weaken even strongest marriage.

"Certainly, some of those circu stances were beyond their contr Lilah's father's illness; her mother's fi tic demands for her attention; the p sure that Kent felt at work, amo others. Compounding the problem Lilah was her move away from any s port system of friends and family.

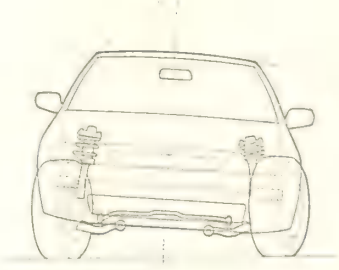
"Though their personalities were v different, Kent and Lilah were b overachievers, pushing themselves lentlessly. In therapy, I hoped to h them understand how their differen could complement each other, rat than pull them apart.

"As a child, Lilah was the center her close-knit family's orbit; she nee them for emotional *(continued on page*

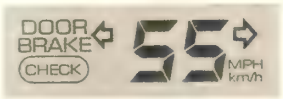

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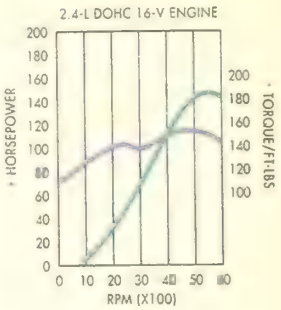


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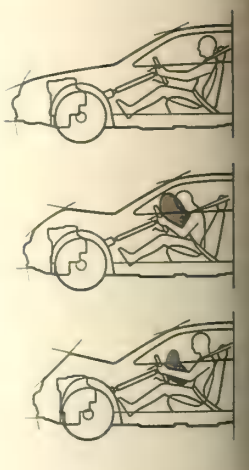
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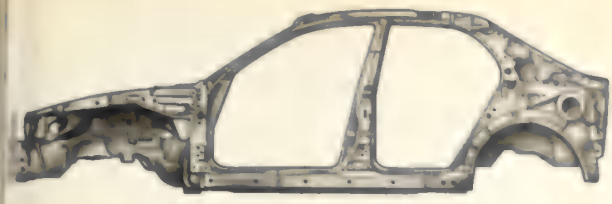


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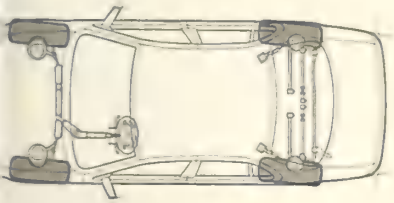
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:his marriage be saved?

ued from page 18

ort, and they needed her. Her high of involvement with her family in sharp contrast to Kent, who, at a young age, had withdrawn his family and continued to hold at arm's length.

heir personal styles were also very ent. Lilah was an extrovert, outgo- nd articulate. Kent was shy and qui- s a result, communication was ult, if not impossible. Lilah was of- oud and dramatic, overstating her n a highly emotional manner. Over- med, Kent crawled into a shell. cated to a rational, almost scientific ach to everything, sometimes at the nse of his feelings, Kent measured ords slowly and carefully. This frus- d Lilah, and she became even more anding. It took a long time before vas able to sit quietly and allow him nish what he was saying.

saw them separately for several ses- . so I could better understand each of needs. It became clear to me that of their life goals and dreams about marriage were indeed compatible. ever, their communication styles in such conflict that we clearly need- o address this problem before we d work on the rest of the relationship. One of the first things I did was es- sh ground rules: During our work ther, certain behaviors were to be off- ts. For instance, neither was allowed nounce that they were going to leave n the tension mounted. I told them it essential that they both could trust their partner would work hard to e the marriage a priority and not nd or sabotage the other with threats andonment.

The second rule was that they e forbidden to psychoanalyze each er's family. Doing so virtually shut door to any kind of healthy com- nication because they both felt in- tly criticized.

One of our first goals was to help n learn to understand each other's ds and make allowances for them. Lilah, love was tangible and demon- tive. She needed constant evidence of husband's devotion. For Kent, love spiritual and unspoken. Lilah had to lerstand that her way of showing e—sending cards, leaving little es—though touching, was not the y way of demonstrating intimacy. u have to accept him for the way he I told her gently. On the other hand, ld Kent that he should try hard to of- his own gestures of love and support. discussed ways he could do this, and nt came up with the idea of taking ah out for an inexpensive dinner— ta or simply a hamburger was fine— on stress-filled days, to get out of the house and into a more neutral environment. 'I'm not the card-sending type,' he said, 'but I realize what you're getting at and think I can do that.'

"Similarly, once he understood that the reason Lilah was so upset about his not calling when he worked late was because she was worried, Kent stopped thinking she was trying to keep tabs on him and was more forthcoming about checking in with her.

"I also told Kent that although he didn't need to solve all of his wife's problems, he did need to listen and help her talk things through rather than dismissing her. When I pointed out his tendency to rush in and 'fix' Lilah's life, Kent admitted he did that because he loved her and hated to see her upset. He hadn't realized that his approach made her feel unimportant and undervalued.

"For her part, Lilah had to learn to present her views patiently and directly; not expect Kent to read her mind; and not lose her temper if he didn't understand her immediately. 'You can't always be on the offensive,' I told her. In time, she learned to speak in a nonaccusatory way. Since Kent no longer felt attacked, these two were at last able to have conversations instead of confrontations.

"Once they both felt they were communicating on a more intimate level, we began to discuss Kent's job situation. Though he had accepted his current position because of the firm's excellent reputation, he began to feel that the stress was not worth the toll it was taking on himself or his marriage, and he began to make discreet inquiries at other firms. Within four months, he had found another position at a competing firm. 'Since it's a smaller operation, I actually get to do more challenging work. But the firm is much more responsive to the needs of a family than my former employer was. If someone in your family is ill, you can take a leave of absence without worrying about your job—benefits like that were unheard of at my old place.'

"In fact, until he left his job Kent didn't realize how strongly the stress of an unpleasant and unrewarding job had affected his marriage. His hours became more predictable, and since he enjoyed his work and his colleagues, he began to share more about his day with Lilah.

"Meanwhile, Lilah has continued to work hard and excel in her courses. As she saw how well she could juggle school and a part-time job, her self-esteem grew. She has expanded her circle of friends so she is able to draw on their recognition and positive feelings and rely less on her family for emotional support. In fact, Kent found that since his wife now seemed able to stand up to her family when they made light of her accomplishments or goals, he was more comfortable joining her on weekend visits—and his new job gives him the flexibility to do so. Lilah now recognizes that her family's attitudes and beliefs often had a negative effect on her self-esteem, but she understandably feels a need to stay in close touch. However, I suggested they balance a weekend there with a weekend alone.

"This couple stopped coming for counseling after a year and a half. 'When we started, I didn't think we'd be seeing you this long,' Lilah admitted. 'But I'm glad we stuck it out. It took time to understand what was wrong, figure out how to change and realize we actually could.' They are now beginning to discuss having a child. 'We have a lot of talking to do,' Kent admitted, 'but at least we now know how to do it.' " ■

Skill builders
Get physical!

Kent was under a great deal of stress, Lilah was angry, and neither was able even to talk to each other civilly, let alone enjoy each other's company the way they had when they first met. When responsibilities and problems become great, many couples lose their sense of balance and proportion. Yet it's during times of stress that you need—more than ever—to be able to talk to your partner. Many counselors suggest a playful get-to-know-you skill. The idea is to restore the intimacy and friendliness that often gets lost in the nitty-gritty of daily life.

On separate sheets of paper, you and your partner should make a list of the physical things you would like to do together—everything from making love to dancing to taking a shower. (Studies have shown that touch is very important in triggering emotional closeness. And when a couple is physically in touch, even in childlike ways, it's often easier to recapture playful exuberance and spontaneity.) Next, compare your lists and come up with a third, master list. The two of you should select at least one activity from the list to do each week.

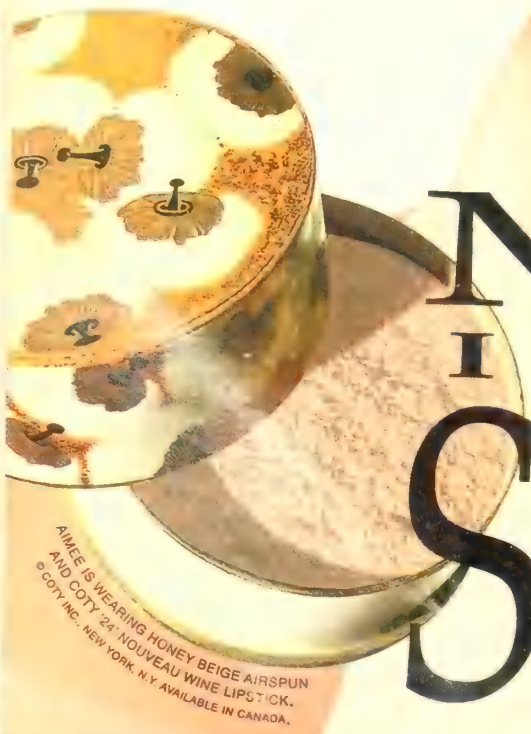
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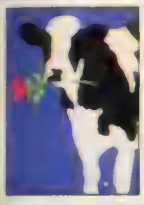
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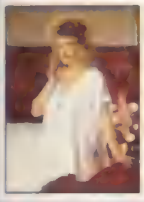
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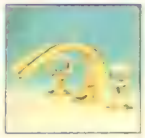
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"My son, the president"



I tried to give my son a good start, but I never dreamed he'd become the world's most powerful man

AN INTERVIEW WITH VIRGINIA KELLEY, BY WILLIAM CHILDRESS

When my older son, Bill Clinton, was elected America's forty-second president, a woman said to me, "I guess you are proudest of him at this moment, aren't you?" I told her no: I had actually been proudest of Bill when he was defeated by Frank D. White in the Arkansas governor's race in 1980. It's always easy to be gracious when you win, but the way you accept defeat is the making of the man, as far as I'm concerned. In that moment of great disappointment, I saw my son's true stature—and that's why I can say absolutely that he will make a fine president.

I know that when I say things like that, some folks say, "Well, she's his mother." But after all, who knows a son better than his mom?

I hope I did a good job in raising Bill, but this success was most certainly helped by the genes he inherited from William Blythe, the father he never knew. Bill is so much like my first husband—William was also tall, very handsome and kind.

It's said that every woman has one great love in her life, and William Blythe was mine. That's not to say that my other husbands weren't good men; it's just that I've never loved anyone else quite the same way. I can remember our first meeting, fifty-two years ago, as if it were yesterday. I was eighteen and working as a student nurse in Shreveport, Louisiana, when a young man came into the hospital with a woman who was suffering from appendicitis. Immediate surgery saved her life.

All I could do was stare at William as I took down the patient's medical information. Although I was newly engaged, I was instantly smitten with this good-looking man. I had to know if he was married, so I deliberately called him by the last name of the ailing woman. I was overjoyed when he said, "I beg your pardon? That's not my name. That girl's my date."

William started to leave, but he came back, pointed to my finger and asked what my engagement ring meant—I had forgotten I was wearing it! I said, "Nothing!" I was already in love. The next night, he took me to dinner. Needless to say, I soon broke up with my fiancé.

William never did pop the question. In fact, he tried every way he could to talk me out of marriage. He warned me that he'd be going off to war soon, and that it would be very difficult to be the wife of an absent husband. But I was in love and as stubborn then as I am now, and I persisted until he gave in. He was right, though; William was shipped overseas soon after we were wed, and I was indeed terribly lonely. What helped keep me together was the company of the many other women who were in the same fix.

(continued on page 31)

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ıan today

ıed from page 26

r three years, my husband came Ironically, we'd been married than we'd known each other, but no trouble renewing our relation- gain. William got a job as a sales- I conceived Bill, and we both l forward to raising our family. when I was five months pregnant, m drove out of town on a business On his way home, his car skidded control on a rain-slicked Missouri ay and plunged into a roadside Suddenly, I was a young widow child on the way.

overwhelming grief for the man I was very intense. It still hurts, even o many years. The greatest sorrow life is that Bill never knew his fa- And yet, I have a feeling that some- William knows his son grew up to sident.

t nobody ever knows what God has re for them, and that's basically my ge when I tell fellow survivors of cancer to "hang in there" and trust better days lie ahead. (I had a ectomy three years ago, and so l is well.)

though I was devastated by am's death, I knew I had to go on. son was born in August 1946, and l to think of him first. I didn't ine I'd ever get married again, but ver for a minute doubted that I l raise Bill on my own. It was just tter of how. I wanted what was for my child, and I needed to earn od living to do that.

was already an R.N., and so I decid- would continue school and become rse-anesthetist. But there was no I could take care of my son and entrate on my work at the same , so Eldridge Cassidy, my dad, and h, my mom and a nurse practition- erself, offered to take care of him e I went away to Charity Hospital, New Orleans, for two years. They always been supportive of me, and doted on their grandson.

broke my heart to leave Bill, though iew he would be getting the best lov- care available. I missed him terribly. uldn't afford a train ticket home to oe, Arkansas, so I only saw him twice, n my parents brought him to visit It was so good to graduate and be to hold my baby again.

Bill was a wonderful, wonderful ld—and you'll hear that from every- who knew him during his formative rs. He was a born leader and diplo- t: He was always there when his play- tes squabbled, and in minutes he'd e both sides agreeing and playing to- her again. Like all of my family, Bill es people. He never *(continued)*

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you really care,
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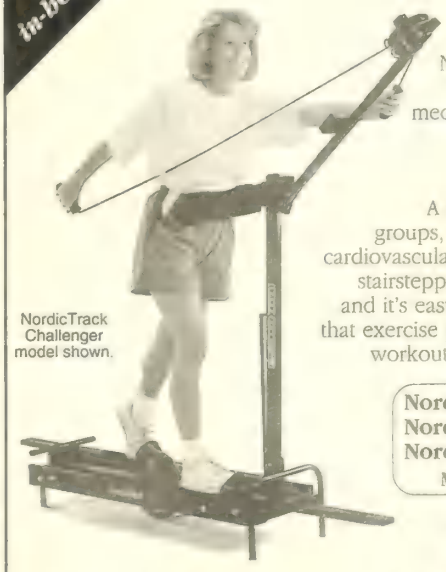
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A woman today

continued

forgets a face, and he loves to shake hands with every single person in a crowd. I'm sure he'll drive the Secret Service crazy.

He was active and popular in high school, the drum major and first saxophone in the band. Yet his idea of a good time was simply talking about the world with his friends in my kitchen, or sitting down at home to one of his favorite dishes, my sweet-potato pie. (As a working mom, I didn't often have time to cook elaborate suppers, but I made him treats when I could.)

Bill, like me, loves books. He reads anything he can get his hands on, but he relaxes with novels. He was always intelligent and made very high grades, and you don't get a Rhodes scholarship by being an average person. I never had any specific dreams for him, though. I just hoped he'd do the best job he could, even if he dug ditches for a living.

A neighbor once said to me, "I know you're a working mother and must spend a good bit of time away from your son. Yet I see all the kids around here, and your son is the best-behaved child I've ever seen. How in the world do you do it?"

I told him I felt it wasn't the amount of time, but the quality of time that you spend with your children that mattered. If a parent is home all day, yet does nothing except watch TV and eat, the child gets nothing from that. All the kids in the neighborhood used to come over to our house. I'd make cocoa, and we'd just sit around the dining-room table and talk. Even now that those kids are middle-aged, I'll bet every one of them would say how wonderful it was to talk to a parent without a TV blaring in the background.

I believe that many of the ills besetting our children today are the result of bad parenting. I know it's tough in this age of single-parent homes and working moms. But life *is* tough. That's what builds character—being able to take life's blows and not whine about it. I've been widowed three times, so for much of my sons' lives I've been both mother and father. Given the fragile nature of most marriages these days, it's not uncommon for a woman to become a dual parent. You just do the best you can to give your children stability and loving discipline.

When Bill was quite young, I had to switch him a few times, but not often. It was an insult to his dignity, and he became obedient and cooperative in order to keep from being spanked. He understood that I was the parent and that I knew best.

My greatest regret as a mother, though, is that I didn't have enough time to spend with Bill or his half brother Roger, who is ten years younger. Bu when I had it, I spent it well. I tried t instill in them the values of honesty, in tegrity, love and respect. If you hav those, everything else falls into place.

Now I want to set the record straigh about my second husband, Roger Clin ton, the stepfather whose last name Bi took. Some reports have distorted th facts about the abuse I suffered at Roger' hands. Yes, there was some abuse, and yes, when Bill was fourteen he told Roge there would be no more—and there wasn't. Roger respected his stepson.

But all of that has been blown way out of proportion. Roger Clinton was a good, decent man, a loving parent to Roger and a real father figure to Bill. I want that known. He just had a problem: a sickness called alcoholism. If you understand the illness, then you understand that Roger's behavior wasn't deliberate. He drank every day, but he never missed a day of work because of his drinking. Back then, though, little was known about alcoholism; AA was almost a secret organization, and families kept their drinking problems hidden. Today, I know that Roger Clinton could have been helped.

My son Roger probably inherited the tendency to drink from his father. But I am so proud of him; he's *(continued)*



Bending to scoop up a low ball, Wimbledon, 1982.



Bending to scoop up Alexander, Boca Raton, 1992.

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Success® Story.



doing very well. He is a television p
duction assistant and a musician
writes, sings and performs with his b
Politics. But don't compare Roger t
ly Carter, the brother of President C
who was famous for his drinking an
tics. He won't stand still for that.
sides, why doesn't anybody talk a
the last couple of years in Billy's
when he was terminally ill and vis
patients around the country?

My relationship with my sons
grown constantly deeper and more
ing. We will continue to grow closer,
as hard times and adversity drew us
gether in the past.

I don't think I'm stronger than
women, or stronger than anyone—I'
strong as I need to be. Strength is an
dividual thing. I have worked hard to
where I am, but so have Bill and Hill
I don't set myself up above anybody.

Speaking of Hillary, she is a rema
able woman who will bring a new p
spective to Washington. I'm convin
she will do great things both on her o
and as the president's wife.

Will my life change now that my
is president? Well, I don't plan to *let*
I'll control the parts of my life that I c
and let God deal with the rest. I like
ing in Hot Springs with my fourth h
band, Richard Kelley—fishing, bei
with friends, and placing $2 bets at O
lawn racetrack.

It's not in my nature to change just
please somebody. I'm me, and that's th
Recently, among the forty thousand or
letters I've received, a woman from Fo
Worth wrote a sneery, snide letter abo
the way I dress. Like Fort Worth is
mous for high fashion, right? Stuff li
that is written by sour-grapes types and
best ignored.

Now that Bill's run for the preside
cy is over and he is putting on th
mantle of this great office, I find
must reevaluate a number of thing
I've had to take my memories of him
a baby and a schoolboy, and put the
away. They will always be there, dee
in my heart, but I must see him a
President Clinton, too.

The thing about being a mother, be
the mother of a president or an everyda
citizen, is that you're always concerne
to some extent about your children—
their health, safety and so on. But yo
trust in providence and get on with life.

Still, I can't help worrying about Bill'
tendency to overwork. I took him to tas
about it once during the campaign, say
ing, "Bill, you're working too hard. You
need to slow down." He just grinned and
cut his eyes at me, and said, "It doesn't
appear to have hurt *you* much."

Now, how can you argue with that? ■



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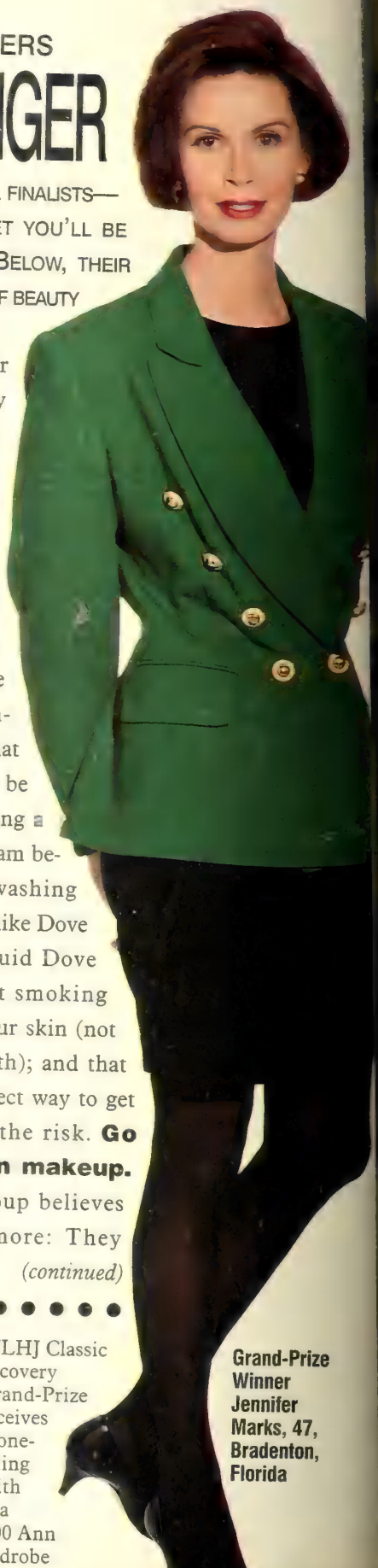
HOW TO LOOK TEN YEARS YOUNGER

MEET THE SIX SUPER-LOOKING REGIONAL FINALISTS—ALL ARE OVER THIRTY, BUT WE BET YOU'LL BE SURPRISED AT THEIR AGES! BELOW, THEIR TIPS AND TRICKS FOR AGE-PROOF BEAUTY



Color your hair. All our winners agree that gray makes you look old. They recommend two options: coloring your hair close to your natural color, or adding blond highlights—especially around the face—for optimum flattery. **Take great care of your skin.** These women all have fabulous complexions. What do they know that you don't? That sunblock must be worn year-round; that applying a good moisturizer and eye cream before bed is essential—as is washing with a gentle cleanser like Dove Beauty Bar® or Liquid Dove Beauty Wash®; that smoking wreaks havoc with your skin (not to mention your health); and that self-tanners are a perfect way to get sun-kissed without the risk. **Go easy on makeup.** This group believes less is more: They all love *(continued)*





Grand-Prize Winner Jennifer Marks, 47, Bradenton, Florida

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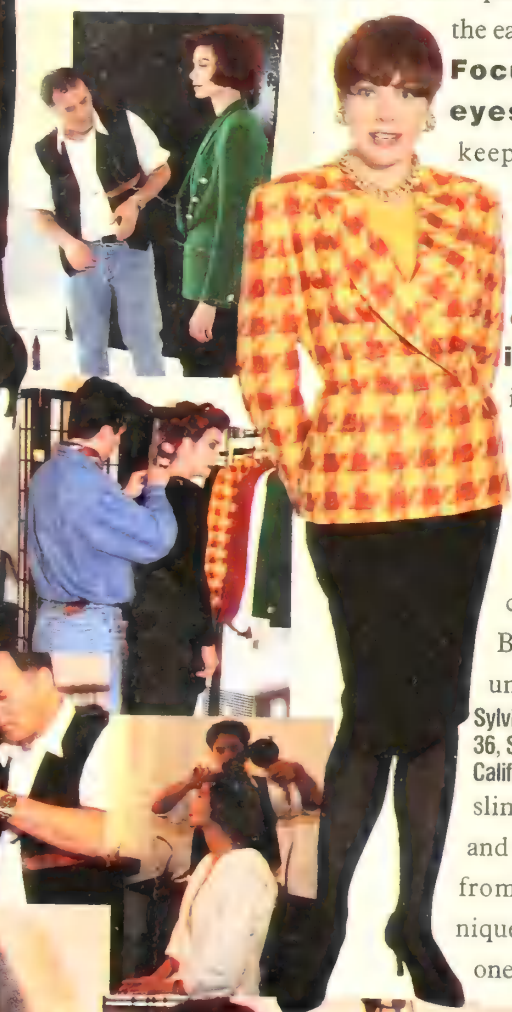
THE SMARTEST SHOP IN TOWN

HOW TO LOOK TEN YEARS YOUNGER



First Runner-up Pam Walker, 35, Laguna Hills, California

(continued) matte, neutral shadows, natural-looking blushers, light foundations and bright (especially red!) lips. Sylvie Cwajgenbaum adds, "Don't underestimate the power of a professional makeover. It's a great learning experience to be in the hands of experts." **Get a great haircut.** Some have short cuts, others have shoulder-length bobs, but all agree that a good style makes a woman look younger. Half of them also swear by bangs. Says Pam Walker, "Most women can wear bangs, and they're not only youthful, they're great for hiding forehead lines!" **Exercise!** Helen Bosacco runs three times a week and does *The Firm II* video workout regularly. Debra Richards told us, "The main thing that keeps me young is keeping active. I do sit-ups every day and walk my kids two miles daily to school." Need incentive to get started on a fitness plan? See page 42 for the easiest workout ever.



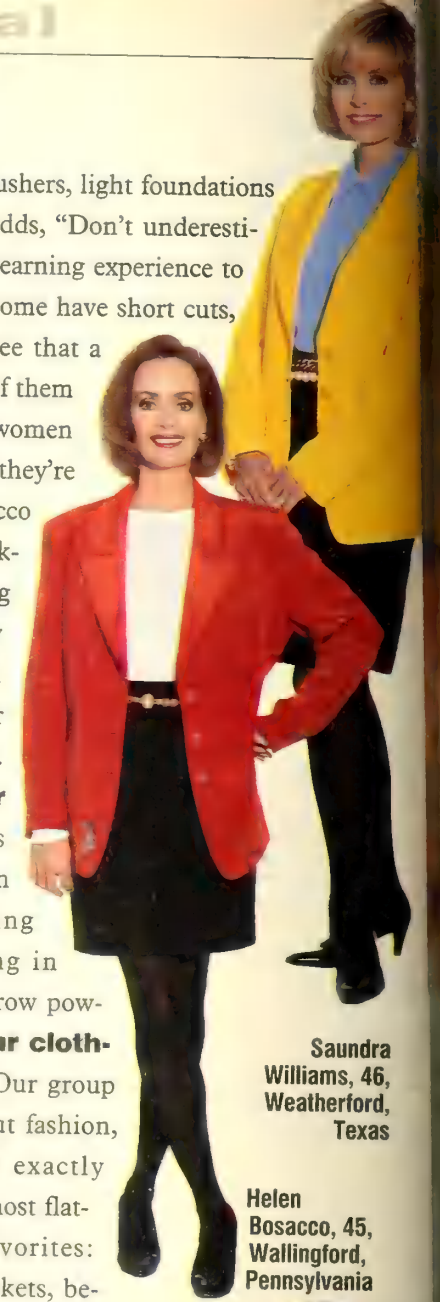
Focus on your eyes. Our winners keep their brows in shape by plucking strays and filling in bare spots with brow powder. **Choose your clothing carefully.** Our group is very smart about fashion, and they know exactly what styles are most flattering. Their favorites: bright-colored jackets, because they light up your face (Helen Bosacco adds that wearing white under a bright jacket adds a double dose of light!); short, slim skirts with opaque hose; and wearing one dark neutral from head to toe—a technique that's the number-one allover slimmer. ▶

Sylvie Cwajgenbaum, 36, San Francisco, California



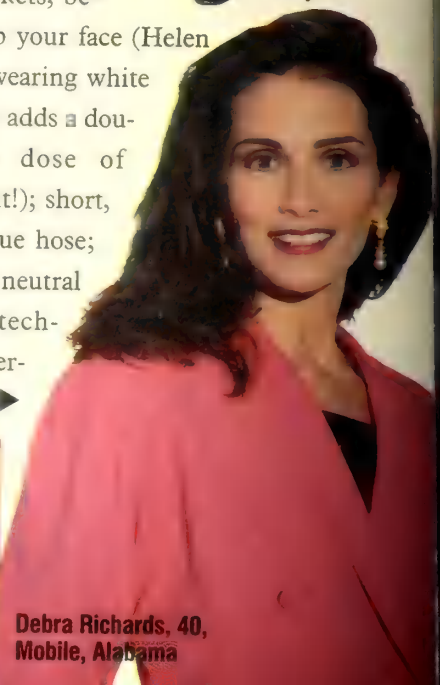






Saundra Williams, 46, Weatherford, Texas

Helen Bosacco, 45, Wallingford, Pennsylvania



Debra Richards, 40, Mobile, Alabama


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Dr. Karen Strauss, environmental engineer, with son Luke and daughter Jenny

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D-ceptive milk

Milk helps you grow up big and strong—but only if it's fortified with the right amount of vitamin D. A year after a much-publicized discovery that milk doesn't always contain the amount of vitamin D its label claims, researchers at the Boston University School of Medicine repeated their study to see if the dairies they originally surveyed had changed their ways. The answer: no. Of forty-two milk samples from seven Eastern states, the researchers found that half contained less than 80 percent of the amount of vitamin D stated on the label. Almost a quarter of the samples had slightly more than the label claimed. Overfortified milk can, in extreme cases, lead to a potentially serious condition known as hypercalcemia, while underfortified milk can lead to degenerative bone disease in children and the elderly. The solution, researchers say: a uniform, more efficient method of adding vitamin D so that the chance of error is minimized.

—CAROLYN O'NEIL, *On the Menu*

CNN
THE WORLD'S NEWS LEADER, AND LADIES' HOME JOURNAL PRESENT UP-TO-THE-MINUTE FACTS AND FINDINGS ABOUT THE WORLD TODAY

Travelers beware

Though you may not have heard much about them in the past, vacation-related scams are on the rise, costing consumers an astonishing $40 billion a year, according to the American Society of Travel Agents (ASTA). The most common schemes are direct-mail offers of unbelievably cheap vacation packages, but some scammers may also use 900 numbers, newspaper and television ads and direct sales letters. Of course, consumers get little or nothing in return for their money. To protect yourself, ASTA has these suggestions: Don't give your credit-card number over the phone to any unfamiliar person or company; insist that they send you a contract before paying a cent; and ask if the company is affiliated with any professional organization that you can contact to check their validity. If you think you've been scammed, call the National Consumers League's new Fraud Information Hotline: 800-876-7060.

—SHEILA HULA, *CNN TRAVEL GUIDE*

QUOTE OF THE MONTH

I know a lot of young women see magazine covers and feel bad about themselves. What they need to understand is they're seeing me after two hours of hair and makeup, wearing the tightest dress with everything pushed up. So don't go out and get breast implants just to look like [that]. I mean, it's crazy. The message we should be giving to young women is love yourself and accept yourself.

—SUPERMODEL CINDY CRAWFORD ON CNN'S *LARRY KING LIVE*

Isn't it romantic?

Soft, loose and sexy is the message in the resort collections of top designers like Donna Karan. Favorite fabrics are knits and linens in neutrals, bold stripes or white. Karl Lagerfeld is showing both short and long skirts and accessorizing sparsely, while Calvin Klein likes see-through, fine, gauzy linens.

—ELSA KLENSCH, *STYLE WITH ELSA KLENSCH*

Remodeling returns

Spending the money to spruce up a bathroom or kitchen can mean a hefty payoff when it comes to selling your home. According to the National Association of Home Builders, a kitchen or bathroom makeover can be done for as little as $7,000 to $10,000, and when you sell, you're likely to get that money back—and then some. If you renovate a bathroom, you can end up getting your investment back plus 12 percent; a major kitchen remodeling can bring a return of as much as one third more than you spent.

Watch ***CNN Travel Guide*** to view top travel destinations and exotic locales (Sunday, 8:30 A.M. E.T.), and ***Larry King Live*** for intriguing interviews with newsmakers and celebrities (weekdays, 9 P.M. E.T.).

DANGER ON THE ROAD

Once motorists worried only about unsafe drivers. Now, though, there's a new kind of criminal stalking our streets and highways. Here, how to guard yourself against them



BY ANDREA GROSS

For Gail Shollar, of Piscataway, New Jersey, and her three-year-old daughter, it should have been a routine trip to the supermarket. But, as the thirty-five-year-old Shollar left the shopping-center parking lot last November, a man accosted her, stealing her van—with Shollar and her daughter still inside. The little girl was unharmed, but four days later Shollar's body was found in a ditch.

■ Pamela Basu was attacked by car thieves as she drove her toddler to preschool in their suburban Maryland town last September. As the thirty-four-year-old research chemist braked at a stop sign, two men commandeered her 1990 BMW and sped off with the child in the car and Basu, her left arm caught in the seatbelt, dragging behind. The thieves paused to set the child on the side of the road, uninjured. But her mother was dragged a mile and a half to her death.

■ In November, the American Automobile Association took the rare step of warning motorists to stay off stretches of I-295 near Jacksonville, Florida, because gang members were shooting at drivers.

Incidents like these have been making frightening headlines all over the country. Car criminals are finding their victims everywhere: at gas stations, ATMs, parking lots, red lights, highway rest stops, sometimes even in the victim's own driveway. They attack in broad daylight as well as at night, and while they frequently target expensive vehicles, drivers of ordinary cars are at risk as well.

It is this randomness that makes car crimes so terrifying. Violent attacks take such a variety of forms that precise figures are impossible to obtain. An incident may be recorded in one or more ways—as armed robbery, kidnapping, rape, assault or murder. Yet authorities state without question that the number of these crimes is on the upswing.

FBI figures show that there were approximately 28,000 cases of carjacking (armed theft of an occupied vehicle) in 1992, 47 percent more than in 1991. When other types of highway crimes are included, the numbers are staggering. "This is just the tip of the iceberg," says Louis R. Mizell, Jr., a former intelligence officer and special agent with the U.S. Department of State and a security consultant in Bethesda, Maryland.

But why are these crimes suddenly on the rise? In many cities, carjacking and other car assaults have become a virtual rite of passage *(continued on page 54)*

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"He's never there for me"

Whenever you're going through a tough time—an illness, problems at work, a crisis in your family—he can't cope, let alone give you support. Why does your husband always let you down just when you need him most?



BY CAROL LYNN MITHERS

More than ten years later, Joanne, a thirty-seven-year-old Los Angeles homemaker, still vividly recalls what her husband did after their youngest child's birth—or rather, what he *didn't* do. "It was a time when I felt absolutely overwhelmed," she remembers. "This had been an unplanned pregnancy. I already had a four-year-old and a two-year-old, no help, and I just didn't see how I was going to manage. So I told my husband that I was going to stay in the hospital a little longer so I'd have the energy to cope when I got home. He said, 'Oh, no, don't do that. I'll take time off from work and take care of you.'

"Take care of me! I thought that was great. So I went home, and right away, his time off had to be canceled for some reason, and I was completely on my own—staying up all night with an infant, watching the two other kids all day and keeping house besides. When my husband came home each night, I'd try to tell him how exhausted I was, and he'd just pat my shoulder and say, like it was a compliment, 'I don't know how you do it.' I *wasn't* doing it! I was practically sleepwalking; I was crying all the time! That went right past him. My husband's a good man, and we have a good marriage, but when I remember that time, I'm *still* mad about it. I needed his support then, more than I ever have before or since. And he just wasn't there for me."

I needed him, and he wasn't there. The phrase echoes again and again when women talk about how their husbands responded in times of trouble. Many wives say that when they turned to the man they love, expecting sympathy, care, nurturing and understanding, they instead received . . . nothing. They cite such instances as:

I got sick, and he wasn't there. "A few years ago, I came down with a terrible case of mono and was in bed for weeks," says Susanna, thirty, a homemaker in Santa Fe. "The whole time, we lived on take-out food, and the house stayed dirty. Finally, I couldn't stand it anymore. Even though I still felt awful, I got up and cooked dinner and cleaned the house. When my husband came home from work, he looked around and said, 'See! You're not nearly as sick as you said you were!'

I suffered a loss, and he wasn't there. "Right before I started medical school, I miscarried what would have been my husband's and my second child," remembers Barbara, *(continued on page 60)*

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"He's never there for me"

continued from page 57

thirty-four, a doctor from Montpelier, Vermont. "I was grieving, and I wanted him to share that with me. He'd have nothing to do with it. To him it was, 'Oh well, we'll get pregnant again.' But I was devastated. Even though I was only ten weeks along, to me, that was a death. I needed him. Instead, I felt completely alone."

I needed help with a career dilemma, and he wasn't there. "I've been really unhappy with my job and trying to decide whether or not to change careers for the last six months," says Melissa, thirty-four, the manager of a nonprofit social-service agency in Milwaukee. "This is a serious choice—what I do will affect the next ten years of my life. But whenever I try to talk about it with my husband, he doesn't listen or discuss my concerns, he just tells me what to do. I say, 'Maybe this isn't the right job for me,' and he says, 'Then why don't you go to law school?' If I don't say 'okay,' he gets irritated and impatient. He won't help me figure anything out, he won't give me sympathy, he won't give me support. All he ever gives me is an answer."

What's going on here? Certainly there are men who abandon their wives emotionally—and sometimes physically—during difficult times because they're selfish and shallow and don't want to deal with anyone's problems but their own. But even men who are kind, caring and otherwise generous seem curiously unable to give when their wives call on them for emotional support. Why is it that when the going gets tough, too often men are nowhere to be found?

Secret fears

Women whose husbands don't give the sympathy and support they need in trying times often feel rejected, abandoned or unloved, says Anna Beth Benningfield, Ph.D., president of the American Association for Marriage and Family Therapy, and a therapist in private practice in Dallas. "They think that if their partners aren't helping, it must be because they don't care for them. But that's not necessarily true. What's more likely is that these men just don't know how."

How can men not know how to be supportive? The answer can be traced both to biology and culture. Every young child's primary emotional bond is with his or her mother. However, in order to establish secure masculine identities, boys, around the age of four or five, move to break that bond to identify with their fathers. Although that's normal and healthy, it also means relinquishing mother's warmth, expressiveness and ready comfort, and giving up parts of the self that seem "feminine."

Not only that, but throughout childhood, the social world teaches boys and girls very different behavior: While girls are encouraged to be emotionally expressive and to give to others, boys learn to be stoic, tough protectors and providers. By adulthood, many men are so estranged from the world of nurturing and emotion that they literally have no idea what to do or say when confronted by a spouse who needs help. And because men *do* care for their wives and see her protection as their responsibility, the confusion evokes deep feelings of inadequacy.

"During events like miscarriage or death, men are being flooded with feelings that are foreign to them, and [they] aren't sure what they should say or do," says Samuel Osherson, Ph.D., psychotherapist and author of *Wrestling with Love: How Men Struggle with Intimacy with Women, Children, Parents and Each Other* (Ballantine, 1992). "And they often feel terribly ashamed about having this difficulty. A man may feel he's not being the kind of man he should be—a man who takes care of a woman. He thinks that if he was a real man, he wouldn't have a woman who was so unhappy."

In addition to making them feel inadequate, a wife's sickness or depression frightens many men—a fear that's rooted in childhood anxiety that something will happen to mother, says Osherson. It's no coincidence that many women see a similarity in the way their husbands and children react when they get sick. "They both after you, nudging and saying 'Come on, you're not so bad,' like they're scared," says Susanna.

"When the woman a man loves is sick, upset or sick," agrees Osherson, "it shakes up his sense of safety."

What men can't say

That men become so confused and frightened when confronted with a needy spouse creates a difficult situation. What makes it even worse is that their inability to express emotion also means they can't explain what's going on to their wives. "Women are very open about saying 'I'm afraid—I don't know what to do and it scares me,' " says John Barrow, M.S.W., a psychotherapist in private practice in Encino, California. "Men mask the insecurity they feel."

Typically, a man hides his feelings in several ways. Perhaps the most common is turning what his wife considers an emotional issue into a practical problem that he then tries to work out. "Last year when my mother had eye problems and needed some risky surgery, I was so scared she was going to go blind," says Angela, twenty-six, a Los Angeles insurance agent. "I tried to *(continued)*

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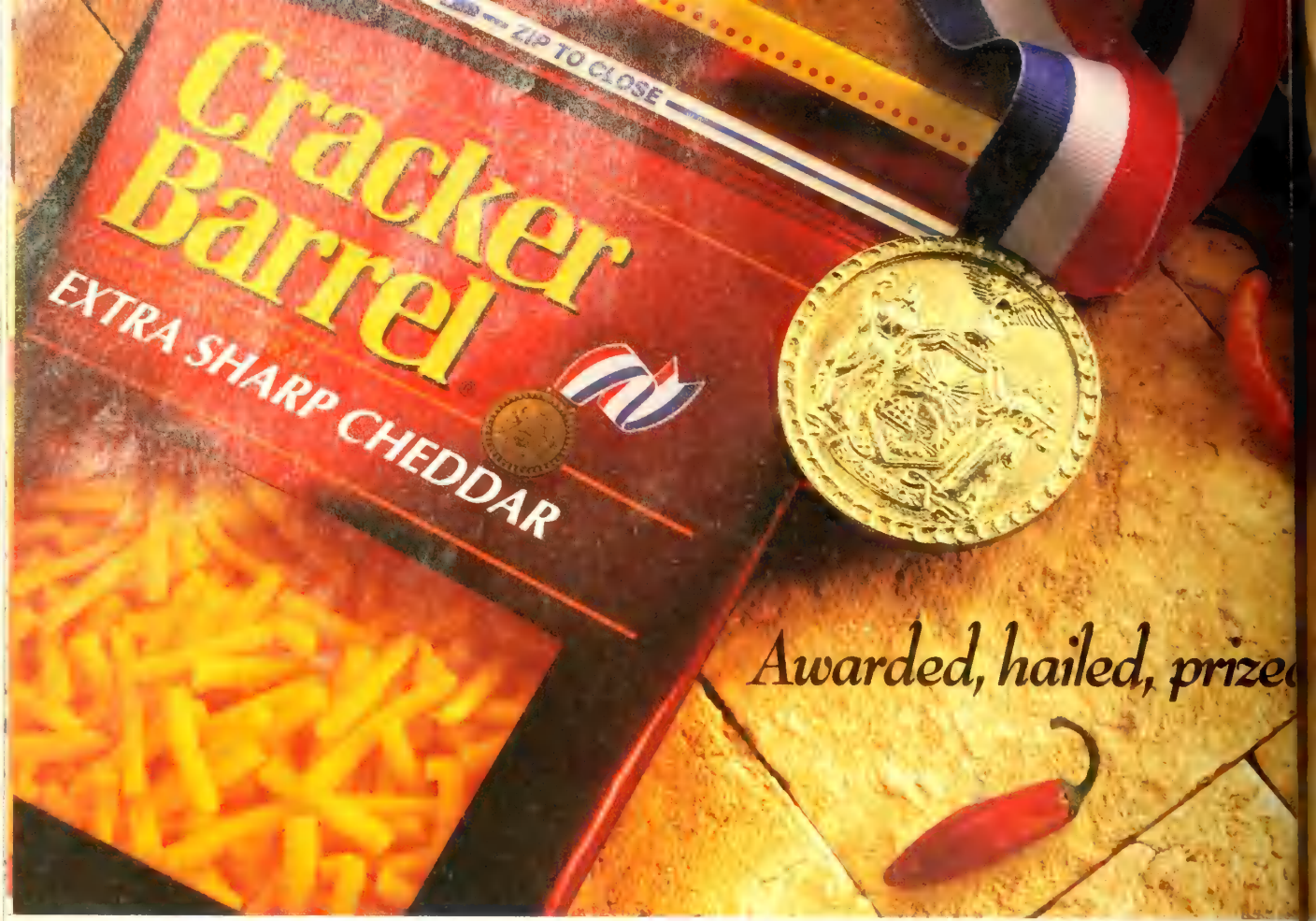
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"He's never there for me"

continued

talk to my husband about it, but anytime I said something like 'Do you think she'll be all right?' his response was 'We'll talk to the surgeon. We'll find a specialist.' I didn't need him to find a doctor—I needed him to hold me and tell me everything was going to be all right!"

"Men can solve problems much more easily than they can give comfort," says Samuel Osherson. "And taking action gives men a way to affirm their self-worth, a way to get past the shame they feel at being unsure how to respond."

Men also hide their fear by withdrawing. They may become silent or irritable, berating a troubled wife with "Why are you always depressed?" or "If you'd just do what I say, the whole problem would go away!" Or they may completely refuse to accept that there's *any* problem to deal with at all. "When a woman schedules a biopsy for a lump in her breast and looks to her husband for support, and he responds with, 'It's probably nothing,' he seems completely cold and uncaring," says John Barron. "What he could be feeling inside, though, is 'I'm really afraid you're going to die. I'm afraid I'm going to lose you.' Because he can't openly admit that, he takes a position of denial: 'You're really not sick.'

"A man who seems withdrawn is a man in a bunker. He's protecting himself because internally he's feeling very chaotic and unsure."

Learning to connect

Understanding why men are so often unable to give emotionally doesn't make the failure any less painful or destructive to a marriage. Both husbands and wives need to be nurturing, says Osherson, for "the ability to comfort and soothe each other is a basic survival issue." In fact, some studies show that the feeling that her husband understands and supports her is one of the most important elements in determining a wife's marital satisfaction, Osherson points out in his book *Wrestling With Love*. Conversely, when men are unable to provide any emotional support, a couple can become trapped in a vicious cycle in which the more the wife asks for help, the more the husband feels overwhelmed and withdraws. Both partners are left feeling rejected, angry and unsatisfied. At worst, that cycle can scar, even doom, a marriage.

"My husband's inability to respond during my miscarriage really made me start to question how much he cared for me," recalls Barbara, the doctor in Vermont. "I got angrier every other time he didn't come through. He shrugged off my fears about making it in med school. He wasn't sympathetic the first lost a patient. By the time my died, I didn't even expect him to was my friends I reached out to port. The distance between us kep ing, and two years later we got div

But with some effort, men wh mally flee when faced with emotio mands can be taught it's not so stick around. "If a man lets you it's *not* a good idea to address th lem while it's happening," says Beth Benningfield. "Usually feelin running high then, so what com will be an accusation or an attack never do anything for me.' And pretty well guaranteed to get sponse. It's better to talk about i to go back and say, 'Remember was ill and I asked you to do suc such, and you forgot?' Talk abou that felt like, and explain, 'You person I depend on when I'm feeli and there are some things you that would mean a lot to me.'

"I think a wife also needs to not things her husband *does* do for her, ningfield adds. "They may not be what she wants, but it's important t acknowledge them and give him cre

It's just as important for a wom state her needs clearly and stick to he tion even if a man responds with defe ness or anger, accusing her of



onable or asking too much, says arron. "Women often don't speak use they're afraid of confronting e says. "Traditionally, they have a me trusting their own judgment ey're challenged about what they takes a lot of inner acceptance and , but you need to let a man know hough you understand his difficul- are willing to help him overcome expect him to be there for you."

lly, a wife can give her husband sistance in learning to open up. ng to his fears of abandonment iving him permission to not have ution to a problem" is extremely l, says Samuel Osherson. "You , for instance, 'I need you to lis- me right now. I'm not going I'm not falling apart. What's hap- isn't your fault, and it's okay if n't have an answer for me. I just ou to listen.' "

u *can* teach nurturing," adds Ben- eld. "But I don't know of any way it other than trying to educate artner about yourself, who you hat you need. At the same time, ust be willing to learn about him. age isn't just love, it's a life- ducation." ■

Lynn Mithers is a contributing editor es' Home Journal.

Five ways to get him to be there for you—fast

1. Tell him what you need. Find a calm, quiet time to talk (not in the middle of a crisis when you're likely to say something you'll regret later), and explain that when you're going through a tough time, you need to know that he's there, ready to help. Don't start accusing him of running away from problems or being selfish—that will only make him angry and defeat your purpose. Instead, tell him how much his support means to you.

2. Describe exactly what you want him to do. Be specific. Say, "When I'm sick, I want you to help around the house and get the kids dressed and fed." If you're having a problem at work and you want his sympathetic ear—rather than advice on what to do—tell him that you simply want him to listen. Spelling out exactly how you want him to behave will make things easier for both of you.

3. Calm his insecurities. Assure him that just because you're sick, upset or depressed doesn't mean you're falling apart. Remind him that you're entitled to these feelings just like anybody else and that you will recover. His support will speed up the process.

4. Help him learn to be more caring. Take time out occasionally to discuss what you *both* need from your relationship. Share your feelings, then encourage him to open up. The closer he feels to you, the more he'll want to be there for you.

5. Praise him for the things he does. Men sometimes have indirect ways of showing you how much they care. For instance, one woman's husband washes her car once a week. "I've come to realize that that's his way of showing he loves me," she says. Whatever your husband does—whether it's making repairs around the house without being asked or playing with the kids on a Saturday morning so you can sleep late—let him know that you appreciate and love him for it. Healthy doses of praise will make him more likely to pitch in when you need him most.



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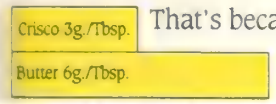


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1 cup semi-sweet chocolate chips
1 cup large pecan pieces (optional)**

Heat oven to 375°F. **Combine** Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. Beat at medium speed of electric mixer until creamy. **Beat** egg into creamed mixture. **Combine** flour, salt and baking soda and mix into creamed mixture until just blended. **Stir** in chocolate chips and pecan pieces. **Drop** rounded tablespoonfuls (about 2 measuring tablespoons of dough) 3 inches apart on ungreased baking sheet. **Bake** at 375° for 8 to 10 minutes for chewy cookies (cookies will appear moist—DO NOT OVERBAKE), or 11 to 13 minutes for crisp cookies. Cool on baking sheet 2 minutes. **Remove** to cooling rack.

3 Dozen 3-Inch Cookies **Note: if nuts are omitted, use 1-1/2 cups semi-sweet chocolate chips



*Butter Flavor Crisco is artificially flavored
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HOW TO RESHAPE YOUR LIFE

BY ELECTING A NEW PRESIDENT, WE SHOWED THAT WE WANTED A FRESH START. BUT ARE YOU READY TO MAKE CHANGES IN YOUR OWN LIFE? THIS NEW BEGINNINGS GUIDE WILL HELP



The first steps

Experts say it's important to realize that change is a cumulative, often lengthy process, rather than a sudden, impulsive event. Preparation is the key to successful change, but that doesn't mean banishing all your fears and resistance. Change *is* frightening because it's unfamiliar. "Being prepared for a big change does not mean that it doesn't scare you anymore—it means that you just go through with it anyway," says Jeanne Murrone, Ph.D., a clinical psychologist in New York City. These strategies will help you reach that point:

1. Analyze the pros and cons. What will your life be like after this change? What's standing in your way? What will you have to give up? "Every change incorporates a loss," says Murrone. "We have to let something go in order to grab for more." For instance, a higher-level job may mean less creative work, but it also means more money and prestige.

2. Seek support. Making your commitment public will help you to stick to it. Share your plans with a friend or family member. Tell the person exactly why the change—and their cheering you on—means so much.

3. Set realistic goals. Break your plans down into smaller goals, and set yourself some challenging deadlines to make sure you follow through.

4. Expect setbacks. "Unsuccessful changers think that when they slip, they're ruined," says John Norcross, Ph.D., professor of psychology at the University of Scranton. Accept setbacks as temporary obstacles, not permanent failures.

5. Pat yourself on the back. Instead of saying, "I will have *really* quit smoking if I can just go another month without a cigarette," tell yourself, "I went another whole day without smoking." Congratulate yourself for every small accomplishment.

—LYNN HARRIS

THE CHANGE-YOUR-LIFE LIST

Good starts

- Highlight your hair
- Take a class in a subject you've always been interested in
- Redecorate your living room

Breakthrough basics

- Take the initiative to meet new people
- Commit yourself to a diet
- Save a fixed amount—no matter how small—from each paycheck

Gold-medal moves

- Make a one-year plan for yourself—and stick to it
- Look for a new job with more opportunity
- Give up something that's bad for you, whether it's smoking or an unhealthy relationship

CHANGE STRATEGIES

WHAT YOU SHOULD DO IF . . .

■ **You want to change, but the people around you don**

Communication is key. Once you explain the reasons for the change, others are more likely to accept it. If not, don't let them hold you back. Making a change can mean doing what you think is right even if others don't support you.

■ **You tend to change simpl for the sake of changing.**

Changing constantly means that you're never giving the status quo a chance—perhaps because you're frightened of it, says Neil Bernstein, Ph.D., a clinical psychologist in Alexandria, Virginia. But you're cheating yourself out of the growth and experience that come with commitments, he says. Instead of running away all the time, stop and figure out what you're afraid of and what you can do to conquer it.

■ **Change is forced upon you.**

You can't ignore the pain of a job layoff. But playing the role of the victim will only keep you from seeing what options you *do* have. Start thinking about what you can do to replace what you've lost, and ask yourself: "If I could, would I really change things back to the way they were?" The answer may open your eyes to better opportunities. "At the moment you may feel like your world is ending," says psychologist Jeanne Murrone, "but down the line this just might be a gift."

—L. H.

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Love at first sight

WHEN WE ASKED READERS TO TELL US HOW THEY MET THEIR MATE, THOUSANDS RESPONDED. THESE STORIES WILL WARM YOUR HEART

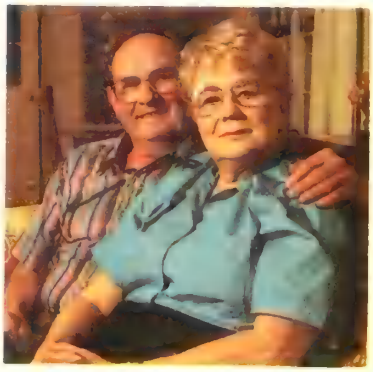


KEVIN COSTNER, MATCHMAKER

I was in the New Orleans airport, waiting for a flight to Houston for my father's funeral. As I sat crying, a man came up behind me, gently asking if I was all right and if there was something he could do. I turned around, and was stunned to see Kevin Costner, who was in town to film *JFK!* He consoled me until my plane was announced and invited me to visit the movie set when I returned to Louisiana.

Several weeks later, I passed by Lafayette Park and saw the film crew. Kevin remembered me and signaled me over to watch the scene. There, I saw the man of my dreams: Roger Armstrong, the publicist for the movie. We were inseparable during the two months the movie was on location, and when Roger returned to Los Angeles, I knew I'd join him. We were married two and a half months later—all thanks to a movie star with a kind heart. —Beth Armstrong, North Hollywood, CA

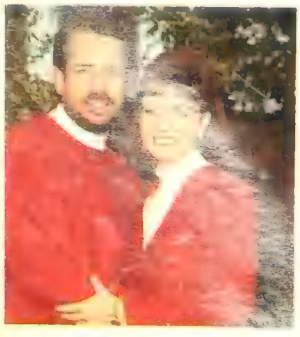
STUCK ON YOU



In 1947, when I was seventeen, I attended a dance at the local YMCA. After a few dances, I reached into my purse for lipstick and noticed a hat pin. Feeling devilish, I crept up behind Bill, a friend of mine, and playfully stuck the pin into his derriere. "Bill" turned around—and to my horror, I realized that I had never seen this fellow before in my life!

Shocked and mortified, I mumbled an apology and disappeared into the rest room as fast as my legs would carry me. I knew I would die if I ever saw him again. But a few days later, the guy I had jabbed called to ask me for a date. (He had asked Bill for my name and number.) During the forty-two years we've been married, Carl has told everyone that since the first moment we met, I've kept him on pins and needles!

—Rae Leyden Drake, Elmira, NY



CROSSING PARTY LINES

I worked for a California Democratic assemblyman who had just lost the election to his Republican opponent. Before we even had a chance to move out of our office, some of "the enemy's" staff members came to look the place over. I was so angry that I didn't even say hello to them.

The following fall, at a gala reception, I was introduced to a man who said, "Hi! I'm Steve Switzer, and I made you unemployed." He was the campaign coordinator for the Republican assemblyman. As we talked, I realized that the "enemy" wasn't quite as terrible as I had imagined him to be. When we married nearly nine years ago, we seated Republicans on one side of the aisle and Democrats on the other! *—Jacqueline Vaughn Switzer, Medford, OR*



HOW TO ASK YOUR BOSS FOR A RAISE

Here, expert strategies.

■ ***Do your homework.*** Ask contacts in the field how much others earn for similar work. "It's easier to stand up for yourself when you know what a fair salary is," says William Ury, associate director of the program on negotiation at Harvard Law School.

■ ***Document your achievements.*** Write down your duties and on-the-job accomplishments, advises Anne Boe, a career strategist/speaker in San Diego.

■ ***Make your pitch.*** Schedule a meeting with your boss. Start it by enumerating the extra work you've taken on and the additional duties you'd like to do. Say, "Don't you agree that my salary should be commensurate with my added work and skills?" Add, "Jane Doe at XYZ company makes $35,000 a year doing a comparable job. I think that sounds fair."

■ ***Don't be put off.*** If your boss says he has to think about it, ask when you can meet again. Give him your list of achievements.

But if he says no to your raise, ask why. If budget considerations are the reason, ask him exactly what you'll have to accomplish to get more money.

■ ***Don't go too far.*** If your boss provides reasonable answers for why he can't give you a raise, it might be best to back off. Says Boe, "You want to think about your growth with the company."

—PATRICIA GREENE

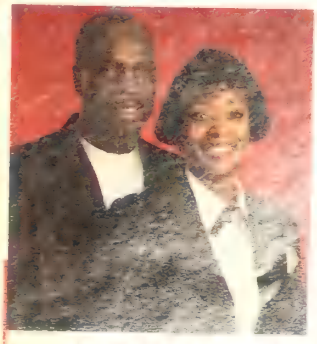


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A SECOND CHANCE

Wayne Hibbler and I fell for each other in tenth grade, but at fifteen, I was not allowed to date. And when Wayne asked me to the senior prom, I knew I couldn't go because my aunt, who was my guardian, didn't allow me to stay out after nine. So I lied, saying that I had promised to go to a prom at a different school.

After high school, we kept in touch now and then, but nothing happened between us until we met at our ten-year class reunion in 1985. It was as if we were finally going to the prom: Wayne looked dapper in his navy suit, and I felt like the belle of the ball in my white dress. We danced and fell in love all over again. It took twenty years, but we will finally be married this June.—*Melva Darrough, Madison, WI*

HEARTS AFIRE



As I was taking a shower one evening, the fire alarm in my apartment building went off. I pulled on an old bathrobe and ran outside. When the fire was extinguished and we were allowed back inside, I noticed that a very attractive fire fighter was staring at me. I looked dreadful with my wet hair and mascara running down my cheeks.

Minutes later, that fire fighter knocked at my door and asked to use one of my outlets to plug in a machine to help clear the smoke from the building. He said, "You've been so nice, I'd like to take you out to dinner." We met the next Friday and had a wonderful evening. We've been married for eight years, and we think of our unusual meeting as the luckiest day of our lives. —*Janet Von Handorf, Amherst, NH*



WE FLUNKED SINGLES CLASS

After my divorce, I enrolled in a class called "Getting the Most Out of Single Life." Just before the first session, I was talking with some of the class members when a nearby man joined in. Soon Richard and I were monopolizing the discussion. We agreed to go out for coffee after class, and we had a wonderful time.

We never completed the course, because our priorities changed: We married six months later. I guess you could say that we failed to get the most out of single life—but we've made straight A's in marriage. —*Barbara Kevin, Phoenix, AZ*

LOVE AND WAR



My husband and I heard each other before we ever met. Our Air Force squadrons were stationed in Turkey at the start of the Gulf War. I was a radar control officer on an E-3 Sentry aircraft, and I directed Dan's F-16 fighter jet over Iraq.

One night, at the Officers' Club, Dan introduced himself. Despite my resolve not to become romantically involved in the midst of a war, I fell hard. It was anguish when my crew was redeployed to Saudi Arabia. We couldn't call each other, and the mail took months.

Dan finally managed to phone me after the war, and we were married last spring. Now we're happy together at last. —*Captain Amy Hampton, USAF, New Mexico*

MOST LIKELY TO SUCCEED

According to a recent study, how gutsy you are—or how much gumption you have—may be a better predictor of success than how brainy you are. "Gumption is the willingness to go against the expectations of others, to take leaps without any guarantees of the outcomes," says Betty Walker, Ph.D., associate professor of counseling psychology at the University of Southern California's School of Education.

Walker and her colleague, Marilyn Mehr, Ph.D., co-authors of *The Courage to Achieve* (Simon & Schuster, 1992), surveyed 1,250 women to examine the effect of high-quality education on achievements. They found that most of the women did not go on to high-powered careers, and, although they ranked in the top 2 percent for intelligence in the country, almost all denied that they were gifted.

Why? Most, says Walker, simply lacked confidence.

Fortunately, say the psychologists, it's never too late for a woman to fulfill her potential success.

First, she has to accept her ability and desire to achieve. Then, she has to look at the risk involved and decide whether or not to take it. Finally, she must accept the consequences of taking the risk.

"Women have to summon up courage to fulfill dormant dreams," says Walker. "It can be done—at any age."

—LYNN PROWITT

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The case of the unhealthy health food

The patient was clearly very ill. Tests indicated a malignancy, but doctors weren't quite sure she had cancer. The real problem: a simple pleasure she enjoyed every day

BY JONATHAN EDLOW, M.D.

JoAnne Young was the kind of person who didn't just worry about her health—she did something about it. In fact, the forty-eight-year-old Massachusetts woman had taken exceptionally good care of herself for years, jogging five miles daily, eating a nutritious diet, abstaining from smoking, and drinking alcohol only on rare occasions.

So when her feet became swollen during a Hawaiian vacation, she dismissed it as nothing more than simple water retention. But it was harder to ignore the twenty-two pounds she gained after returning home. JoAnne consulted her family doctor, who said the weight gain—concentrated in her abdominal area—was the result of a condition known as ascites.

This accumulation of fluid in the abdominal cavity can be triggered by a number of causes, including liver disease, heart and kidney problems and cancer. Yet a ten-day battery of tests JoAnne underwent turned up only a probable fibroid (a benign uterine tumor).

At that point, she wasn't especially concerned, because of the encouraging test results. Several days later, she went to her gynecologist, who scheduled an exploratory procedure, a laparoscopy, to rule out ovarian cancer.

JoAnne recalls that visit vividly. "My daughter was with me; she was pregnant at the time. We left the doctor's office and went out to lunch to discuss all the 'what ifs.' I decided if I had cancer, I was going to fight it with everything I had."

Three days after she had the test, JoAnne got a phone call from the doctor. "He was my daughter's obstetrician at the time and one of my running partners. His voice was all broken up. He said, 'I don't know how to tell you this, JoAnne, but we found cancer cells.' He referred me to a gynecologic cancer specialist in Boston. The bad news was followed by another round of

(continued)



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Unhealthy health food

...Brigham and Women's Hospital: a ...ma, an abdominal CT scan, ... mammograms, and examinations of the lower intestine and bladder. Yet, although the tests uncovered no malignancy, the doctors found that a second analysis of JoAnne's abdominal fluid revealed cancer cells.

Dr. Thomas Leavitt, the specialist JoAnne had gone to, scheduled major abdominal surgery to inspect internal organs, biopsying or removing them if necessary. The surgery went without a hitch. The findings: no cancer and, surprisingly, no cancer cells in the abdominal fluid.

Yet the fluid, which had receded over a three-month period of time, was beginning to accumulate again. "And I was starting to feel lousy, weak," JoAnne recalls. "After a while, I couldn't run or even bike; the pressure from the fluid made it hard to breathe. At one hospital visit, they drained four and a half quarts of fluid through a catheter. Six weeks after the abdominal surgery, I felt terrible."

A vitamin overdose?

Then JoAnne was referred to Dr. Charles Trey, a gastroenterologist and a liver specialist who admitted her to still another facility—this time, New England Deaconess Hospital. JoAnne now had so much fluid that it was accumulating around her lungs.

"She was very health conscious," recalls Trey, "but I was concerned because she used so many vitamins and enzymes and herbal teas. I first thought the problem might be vitamin A toxicity." Excess vitamin A sometimes causes liver problems, but blood tests eliminated that possibility.

Trey did, however, solve one mystery: the reason for the cancer diagnosis. The cells that had been twice interpreted as malignant were the large cells, or mesothelial cells, that line the abdominal cavity. These cells can change their shape when they become inflamed and appear to be malignant. On re-examination, they proved to be benign.

Although the possibility of cancer had been eliminated, JoAnne's need for treatment was more urgent than ever. Trey referred his patient to Dr. William V. McDermott, a professor of surgery at Harvard Medical School. Both physicians agreed that to prevent liver failure, JoAnne needed surgery to halt the inexorable progression of the ascites. Shortly afterward, McDermott operated on her, in order to reduce the pressure. The surgery was successful, and the ascites rapidly diminished.

Nonetheless, McDermott remained baffled by the cause of the inflammation of JoAnne's liver. One day, he and Paul Ridker, then a medical student ... Harvard, were reviewing the case and discussing the various herbal preparations that JoAnne had been taking. The ... when McDermott got the final ... needed to solve the mystery: He ... membered an obscure study published ... thirty years before about Jamaicans ... an unusual pattern of liver disease ... a diet that included herbal tea.

Tracking the culprit

In the 1950s, one doctor had noticed ... unusual liver disease in Jamaicans ... drank "bush teas"—concoctions ... pared using various wild plants. ... then, similar outbreaks of liver ... from herbs have been recorded in ... China and Afghanistan.

There were other cases as well: In ... a patient in Britain developed liver ... from herbal-tea consumption. The ... ing year, two Arizona infants died ... liver disease after they were given ... tea as a treatment for a cough.

What was the common denominator ... among these deadly plants and herbs? ... of them contain a toxin ... pyrrolizidine alkaloids (PA). This ... stance causes inflammation of the ... veins, the veins that drain blood ... from the liver, and can lead to potentially ... deadly scarring and obstruction.

McDermott and Ridker, intrigued ...



ssible link, reviewed exactly what preparations JoAnne was taking. was a long list," says Ridker. "I went to the various health-food stores he shopped and bought the different ations that she used. Then I spent Harvard Medical School's botany li- ying to identify the substances."

re were, it turned out, two suspi- preparations: a tea called MU-16 ti-indigestion comfrey-pepsin cap- Because she liked the taste so JoAnne had been drinking three f tea per day for about six months first going to the doctor about her t gain. She had also been taking the capsules with each meal.

ker contacted the manufacturer of a and found that every batch con- comfrey, though the amount var- th each batch. After analysis, the r found there were PA toxins in he tea and the capsules.

soon as the doctors learned the of JoAnne's liver ailment, they rec- ended that she stop consuming ey, the substance she had been tak- improve her health. Now, she is in health—and shows no trace whatso- of ascites. As for her penchant for l teas, every once in a while, she en- cup of chamomile tea or, in the ier, a glass of Red Zinger. Other- she's off herbs. ■

The hazards of herbs

For thousands of years, people on every continent have successfully relied on the medicinal powers of herbs. In fact, many of the drugs used in Western medicine today, like digitalis and atropine, are derived from plants. In cultures where herbal medicine is firmly established, there is a great deal of knowledge about what a given potion is good for, how much should be taken and for how long.

Most herbs are quite safe and do not contain the poisonous substances found in the comfrey preparations JoAnne Young was taking. Nevertheless, you should check first with a reputable health professional before using unknown herbs. Which ones are dangerous? Chaparral, an herbal remedy promoted as an antioxidant (a disease fighter), has been linked to two cases of acute hepatitis. Other herbal preparations, such as germander, groundsel, skullcap, mistletoe and senna, have caused liver damage and death.

Also, several plants, including woodruff and tonka beans, contain blood thinners similar to those physicians prescribe for a number of conditions such as phlebitis and heartbeat irregularities. Patients taking blood thinners should avoid these herbs because their blood can become too thin, leading to a bleeding tendency. Other teas—prepared from senna, buckthorn and pokeroot—can cause severe diarrhea. Still other substances—mandrake, lobelia, burdock root and jimson weed—can lead to dry mouth, blurred vision, dilated pupils and delirium.

An added problem with herbal preparations is contamination. Cases of poisoning have been reported among people who used safe herbs that had been contaminated by other, dangerous plants when harvested.

The bottom line: The herbal teas manufactured by major companies have a good safety record. But beware of more obscure, exotic preparations, and when in doubt, don't take them.

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5. Burning sensation in my chest	☐	☐
6. Discomfort after eating spicy foods	☐	☐
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HORMONES AND THE HEALTHY MOUTH

Hormonal fluctuations affect more than a woman's reproductive system—in fact, says Barbara J. Steinberg, D.D.S., professor of medicine at the Medical College of



Pennsylvania, in Philadelphia, they can have a surprisingly strong influence on her oral health.

Experts speculate that shifting levels of the hormones estrogen and progesterone cause oral tissues to swell, stimulate the growth of bacteria, and possibly even suppress immune function. The result? Gums that are more sensitive to plaque, the bacterial film that coats them. This ups the risk of gum disease (gingivitis), which can eventually lead to tooth loss. Signs of gingivitis are red, swollen, painful gums that may bleed easily.

Be on the alert for other hormone-related problems:

■ If your period triggers cold sores, ask your dentist or doctor about acyclovir, an antiviral drug that may help.

■ Tell your dentist and other specialists if you're on the Pill. Its effectiveness can be weakened by some antibiotics, so you may be advised to use another type of birth control while you're being treated. Oral contraceptives also increase the risk of gingivitis and painful dry sockets, which occur when a healing clot fails to form after a tooth is pulled. To avert this, extractions can be postponed until the last week of the Pill cycle.

■ According to Steinberg, 50 to 75 percent of expectant mothers develop gingivitis, perhaps due to increased levels of progesterone, which may make gums softer and spongier. Some women actually awaken with blood on their pillow from inflamed gums. To avoid serious problems, dentists often schedule extra cleanings for pregnant patients.

■ During menopause, some women notice changes in taste or burning sensations in the mouth and on the tongue. They are also prone to a type of gum disease called desquamative gingivitis, when the outer layers of the gums become soft. Vitamin supplements or hormone-replacement therapy can help.

■ Taking the Pill, and hormonal swings at each stage of life, can cause dry mouth. With less saliva to wash away food and plaque, teeth are vulnerable to decay. Chewing sugarless gum helps.

You can't control most hormonal fluctuations. But you can limit their effect by flossing once a day, brushing at least twice daily and getting professional cleanings at least twice a year. —SALLY SQUIRES

Red-hot arthritis remedy

Thirty-seven million arthritis sufferers, almost two thirds of them women, will be pleased to hear that there's an alternative to commonly prescribed nonsteroidal anti-inflammatory drugs, which can cause gastrointestinal problems when used long-term.

Researchers have shown that capsaicin—the chemical that gives hot chili peppers their fiery bite—relieves arthritis pain. In a study at medical centers across the U.S., patients who applied the capsaicin cream Zostrix—available without a prescription—experienced a significant reduction in pain and found it easier to move around. The only side effect: a mild burning sensation that disappeared after repeated doses. Another plus: Zostrix does not interfere with other drugs.

Capsaicin works by stimulating nerve cells to release substance P, a chemical that transmits sensations of pain. "Repeated doses of the cream eventually deplete a cell's supply of substance P, and fewer pain signals make it to the brain," explains rheumatologist Chad Deal, M.D., of Cleveland's Case Western Reserve University. —VALERIE FAHEY

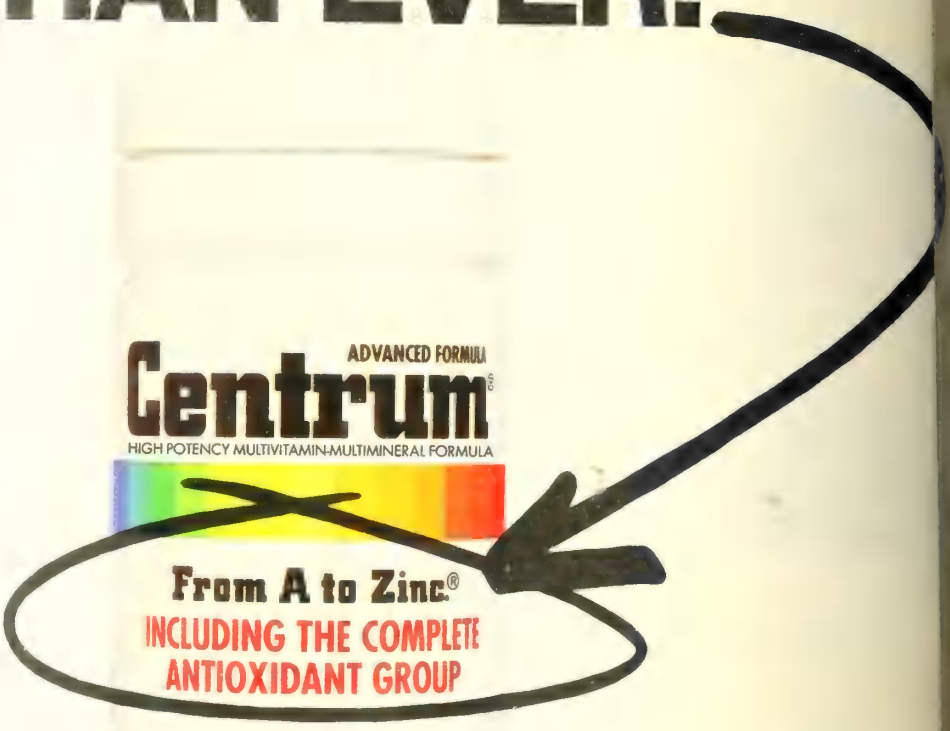
The male risk factor

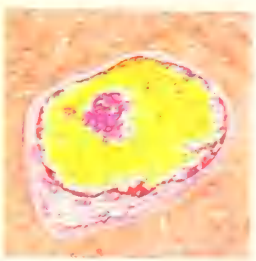
It's widely known that women who have a first-degree female relative with breast cancer run twice the risk of developing the disease as those without a family history. Now, new research from the University of Texas M.D. Anderson Cancer Center, in Houston, shows that women whose fathers, brothers or sons have breast cancer also run double the risk. What's more, women who have both a close male relative with breast cancer and one with prostate cancer share *four times* the breast cancer risk.

Further research is needed to verify these findings. In the meantime, make sure your doctor knows your family history, and follow the American Cancer Society's guidelines: monthly breast self-exams; a medical exam once every three years and annually after age forty; mammograms every one to two years after forty, and annually after fifty.

—JOAN LIPPERT

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WOMEN AND heart disease

Although this deadly condition is often ignored or misdiagnosed, you can protect yourself. Our special save-your-life report tells you everything you need to know.

By Lori Miller Kase



Laurie Colwin was a gifted young storyteller, the author of four poignant novels about life and romance in the big city. She was also a popular food columnist. Last fall, she was looking forward to the publication of her next novel, *A Big Storm Knocked It Over*, when she died abruptly of heart disease. She was forty-eight years old.

Many people find it hard to believe that a woman of this age could die of a condition still largely assumed to be an affliction of middle-aged men. Apparently, many physicians are almost as ignorant. For although cardiovascular disease is the leading cause of death in women, as it is in men, recent studies show that doctors identify heart-disease symptoms less frequently in women and treat those who *are* diagnosed less aggressively. Reports also indicate that women who have heart operations don't fare as well as their male counterparts. "Does all this mean that we're not treating women properly? Or does it mean the disease is worse in women? We won't know until we study it," says Patrice Desvigne-Nickens, M.D., a medical officer at the National Heart, Lung, and Blood Institute, in Bethesda, Maryland.

Now, though—thanks to several ongoing studies and a new federal requirement that researchers either include women in their studies or give a good reason why they shouldn't—a clearer picture of women and heart disease is on the horizon.

Dubious distinctions

There are, it's true, some undeniable differences, most of them hormonal, in how each gender is affected by heart disease. Females, for example, lag behind men in developing cardiovascular disease by about ten years. Why? A plentiful supply of the hormone estrogen seems to protect them from the buildup of artery-choking fatty deposits that can lead to heart attack. And a recent study of Finnish men links high levels of iron (which may promote plaque formation in heart vessels) to an elevated heart attack risk. Younger women may be spared because they *lose* large amounts of iron each month in menstrual blood. But after menopause, when estrogen dwindles and iron is no longer released from the body, risk starts to climb. Between ages forty-five and sixty-five, about one in nine U.S. women shows symptoms of heart disease, compared with about one in seven men; after age sixty-five, that ratio jumps to one in three,

(continued)

roughly matching the

In addition to these hormonal influences, other biological as well as psychological and social factors affect the course of heart disease in women. For instance, although they're more likely than men to be forewarned of coronary artery disease (CAD) by angina, or chest pain, women tend to take their husband's chest pains more seriously than they do their own and often delay seeking medical treatment, says Desvigne-Nickens.

And physicians themselves seem to take women's symptoms less seriously than they do men's. This may be because women experience a great deal of chest pain related to other conditions, like mitral-valve prolapse, fibrocystic breast disease and even psychological causes, such as anxiety, points out Mary Ann Malloy, M.D., chairperson of the Women and Heart Disease Committee for the American Heart Association, in Chicago.

In some instances, both women and their doctors may be fooled by chest pain because the classic description is based on how a *male* perceives it, says Desvigne-Nickens. "Angina is defined as a crushing, sometimes burning, mid-chest sensation. The pain can radiate into the jaw or left arm and be accompanied by a shortness of breath. While females may get some of these symptoms, they often seem to have lingering pain or vague discomfort rather than a dramatic pain." The lesson: Heart symptoms vary widely, and *any* chest discomfort that lasts for more than twenty minutes deserves the attention of a physician.

Finally, even when women are aware of the gravity of their symptoms, they may be brushed off by their physicians. A study by epidemiologist Sylvia Wassertheil-Smoller at Albert Einstein College of Medicine, in New York, found that some doctors were more likely to attribute women's symptoms of heart disease to psychosomatic or psychiatric causes.

Bias—or appropriate diagnosis?

Yet another disadvantage for women: Many diagnostic tools are not as accurate for them as they are for men. Take, for example, the stress test, which evaluates whether the heart receives enough blood from the coronary arteries during physical exertion by recording electric impulses from the heart on an electrocardiogram (EKG) as the patient exercises on a treadmill.

A negative stress-test result is reassuring for either gender, and a positive test result in a man indicates pretty strongly that he has CAD. However, "that same test in women," says Nickens, "is much less useful because their positive readings only weakly correlate to CAD." Adds Malloy, "The result is that doctors feel they shouldn't bother doing the test."

The nuclear treadmill test (in which a radioactive isotope is injected into the bloodstream so computer pictures can be produced) lowers the false-positive rate in women to about 10 percent. And the stress echocardiogram, which uses sound waves to generate a picture of the heart, is said to be as accurate in women as it is in men. "The problem is that the stress echocardiogram is not yet available on a widespread basis, and insurance carriers look at both tests skeptically, since they're far more expensive than the regular treadmill test," Malloy says.

When stress tests do indicate CAD, patients are given an angiogram, a procedure in which dye injected directly into coronary arteries makes the walls of these major vessels visible on X-ray. Then, if necessary, a patient can have bypass surgery (healthy vessels are taken from elsewhere in the body and reattached near the heart to bypass blockages) or angioplasty (a balloon is inflated inside the artery to push back fatty plaque). But studies find that women who complained of disabling chest pain prior to a heart attack were half as likely to get referred for angiography or cardiac bypass surgery. And even after being hospitalized for CAD, the odds of getting angiography, bypass or angioplasty were in a man's favor.

The reason for this disparity is unclear. Is it that doctors ignore the signs of heart disease until things get desperate, or that they're less inclined to offer certain procedures *because* *(continued)*



"I USED TO BE LAST ON MY LIST OF PRIORITIES"

In February 1991, Judy Mingram had just turned forty. "I was a single mother holding down a full-time job, and I was a heavy smoker, ate a typical fatty American diet and didn't exercise at all," Judy says. Even though there was a lot of heart disease among the men in her family, the thought of having a heart attack never occurred to Judy. Nor to her physician, who gave her medication for a hiatal hernia when Judy complained of a burning pain in her lower jaw and neck. Two days after the "diagnosis," she awakened in the middle of the night with crippling pain and shortness of breath.

"By the time we arrived at the hospital, I was in full cardiac arrest," Judy recalls. Two attempts at electric shock treatment failed; the third was successful. When an X-ray of her heart showed that two arteries were nearly blocked, Judy was sent for a balloon angioplasty—an ill-fated procedure, as it turned out, which catapulted her into emergency bypass surgery.

Today, Judy, who sells computer software in Santa Ana, California, speedwalks daily, follows a modified vegetarian diet and practices relaxation techniques. Judy also sees things differently: "I used to be last on my list of priorities. But what good are all my 'important considerations' if I'm not well enough to take care of them?"

—SUE BERKMAN

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(continued) women don't do as well? "Women patients tend to be older and have a lot more co-existing conditions such as diabetes or hypertension," notes Gary Roubin, M.D., Ph.D., director of interventional cardiology at University of Alabama Hospital in Birmingham.

This theory appears to be supported by research showing that women who undergo angioplasty have higher complication rates than their male counterparts, and women who have bypass surgery have higher mortality rates. But there's a story behind the statistics: The chance of survival after a bypass seems higher if the surgeon took an artery from the chest rather than a vein from the leg. Yet doctors have been reluctant to use a woman's internal mammary artery, believing it to be too narrow. Says George Green, M.D., professor of clinical surgery at Columbia University College of Physicians and Surgeons, in New York, "That notion has been proved untrue."

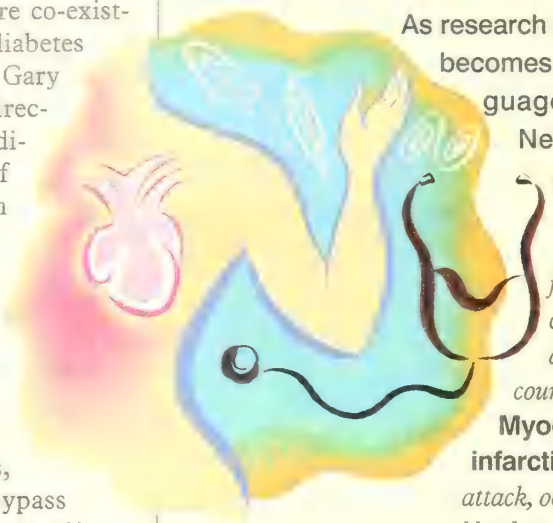
The drug disadvantage

A similar pattern of neglect and uncertainty is found in research on medication for heart disease: Drug studies have enrolled about four to five times as many men as women. "The assumption has been that if it's appropriate for a man, it's appropriate for a woman," says Elsa-Grace Giardina, M.D., professor of

(continued)

LEARNING THE BASICS

As research into the diseases that affect the heart becomes more sophisticated, so does the language used to describe the advances. New words are added to the lexicon daily, and even old terms gain new meanings. Here is a sampling:



Angina *is the chest pain caused by a buildup of plaque that inhibits the flow of blood and oxygen to the heart. It may be a relatively late event in the progress of coronary artery disease, or it may not occur at all.*

Arrhythmias *or abnormal heartbeats are caused by a flaw in the delicate synchronization of the heart's rhythm. The seriousness of this condition ranges from benign to life-threatening.*

Congestive heart failure *is the inability of the heart's pump to send blood throughout the body and is the fastest-growing cardiovascular disorder in this country.*

Myocardial infarction, *or heart attack, occurs when the blood supply to part of the heart muscle is severely reduced or stopped.*

Microvascular angina *feels like angina but is actually caused when smaller blood vessels around the heart constrict or fail to dilate, hampering blood flow.*

Silent ischemia. *For many years doctors wondered why seemingly healthy people die suddenly from what is later found to be coronary heart disease. Researchers suspect that these fatal attacks occur in patients who have insufficient blood flow to the heart but do not experience pain (angina).*

Soft plaque *is possibly the most critical part of the debris that collects inside coronary artery walls. It contains mostly fat, in contrast to hard plaque, which is mostly fibrous tissue. Soft plaque can suddenly tear away, blocking blood flow in the artery and triggering a heart attack. Hard plaque closes off the artery too, but the progressive buildup is much slower.*

Syndrome X *Most often describes a complex of risk factors—high triglycerides, low HDL, high blood pressure and poor glucose tolerance—that occur along with obesity and, in fact, are produced by obesity.*

—S. B.



"I'M A WALKING CARDIOLOGY TEXTBOOK"

Sue Berkman, a medical writer from New York City and a contributor to this piece, suffered a major heart attack at age forty-four, and soon after had quadruple bypass surgery. Within a month after her return home, she had resumed all activities.

Between the ages of fifty-one and fifty-five she was struck with endocarditis (a bacterial inflammation of a heart valve) three times and was hospitalized for high-dose, intravenous penicillin treatment. Then, last winter, when she was fifty-six, her heart started beating wildly (an arrhythmia) just as she walked out of a grocery store. She grabbed a taxi to an emergency room, and was immediately given an electric shock to stabilize her heart. "I realized I was in big trouble," she says. "But I held on to my groceries because I knew I would survive." Sue then had surgery to implant an automatic cardiac defibrillator and to replace a defective heart valve. She also had a double bypass.

"I feel as though I've worked my way through a cardiology textbook," Sue says. "But while medical technology may have kept me alive, my own determination helped me triumph." —S.B.

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This assumption is far from accurate, however, and experts admit that there is much to learn about the effect of heart-disease drugs on women. Recent research at the University of Washington, in Seattle, revealed that women were half as likely as men to receive state-of-the-art "clot-buster" drugs. And according to a study at the University of Massachusetts Medical School, in Worcester, women who received the clot-buster tissue plasminogen activator (TPA) within four hours of their heart attacks were more likely than men to die. Those who survived were likelier to suffer a second attack within the year than the male subjects. This could be because clot-busters are prescribed in fixed doses, and women, who are generally smaller than men, may get proportionally much larger and possibly more dangerous amounts.

Even the efficacy of such a low-tech treatment as aspirin is more certain for men than women. The 1988 Physicians' Health Study, which showed that taking one aspirin every other day significantly reduced heart-attack risk, included twenty-two thousand men—and no women. While retrospective data from the ongoing Harvard Nurses' Health Study suggest that aspirin may be equally beneficial to women, experts agree that controlled clinical studies are necessary.

Better late than never

It's obvious that years of painstaking research are needed to untangle all the confusion surrounding women and heart disease. Major studies currently under way should eliminate a lot of myths and misinformation.

For now, the most important thing women can do is to recognize that they're *(continued)*



STATE-OF-THE-HEART TREATMENTS

Death from heart disease fell a total of 21.9 percent between 1979 and 1989, according to the latest data from the National Center for Health Statistics. Part of this drop, experts say, is due to the following technologies and treatments.

DIAGNOSTIC TOOLS

Coronary angioscope. This is simply the conventional angiogram catheter (a device threaded into a vessel to view its interior) plus a powerful light, a tiny balloon, a water jet and a miniature video camera. Once the catheter is guided into place in the artery, the balloon is expanded to block the flow of blood and the camera gives a far more detailed picture than an ordinary angiogram.

Fast CT. A computerized tomography scan in which multiple images or X-ray slices are compiled by a computer to produce images of a coronary artery.

PET scan (positron emission tomography) traces the flow of an injected radioactive isotope and provides color-coded, computer-generated pictures that show any blockage of blood flow to the heart. The PET is a boon for women with atherosclerosis (clogging/hardening of the arteries), since dense breast tissue often blocks the images of other types of scans.

THE ARTERY-CLEANERS

Because arteries frequently clog up again after angioplasty (when a balloon is inserted into the heart to squeeze open a clogged artery), doctors have developed several new methods of clearing out arteries:

Atherectomy devices. These "shavers" and "scrapers" cut pieces of plaque from the walls of the coronary arteries. Doctors expect success rates with these tools to reach 75 percent. What's more, a recently developed ultrasonic guiding device promises to help cardiologists remove more plaque without fear of cutting into the artery wall.

Intravascular stents. These small metallic devices are designed to keep an artery open following balloon angioplasty.

THE RHYTHM-KEEPERS

Automatic Implantable Cardioverter–Defibrillator (AICD). A small battery-powered unit, now implanted in some twenty-four thousand people who suffer from arrhythmia, activates when the heart races, shocking it back to normal, in the same way emergency medical technicians do with electric paddles.

Radio Frequency Ablation. Radio waves delivered from the tip of a catheter cauterize the heart tissue responsible for certain types of arrhythmia.

DRUGS

Clot-busters. Streptokinase, TPA and Eninase can stop a heart attack short. *But more important than which drug is given is when it's given.* If more heart-attack patients got these drugs faster, five thousand or more lives might be saved each year.

Aspirin. The newest theory on this ancient drug is that patients should be put on low doses of it with a clot-buster during a heart attack and continue to take one aspirin a day for a month to help suppress clot formation.

Angiotensin converting enzyme (ACE) inhibitors. This relatively new class of heart drug has been found to improve survival rates and the quality of life in men and women whose hearts are permanently damaged by moderately serious heart attacks. ACE inhibitors have also proved to be a powerful weapon against congestive heart failure.

Magnesium. A shot of this mineral at the time of a heart attack reduced death by one fourth in one study of 2,300 patients in England. This was about equal to the highly beneficial results found in other recent studies from aspirin and clot-busters. —S.B.

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(continued) at risk. (See "The test that can save your life," on page 74.) Ideally, Malloy says, postmenopausal women with risk factors for CAD should be evaluated by stress testing as part of their regular checkup. What's more, they should never hesitate to bring suspicious symptoms (particularly chest discomfort that lingers, rather than waxes and wanes) to a doctor's attention.

How a woman presents these symptoms is as important as seeking medical advice in the first place. C. Noel Bairey, M.D., medical director of the Preventive and Rehabilitative Cardiac Center at the Cedars-Sinai Medical Center in Los Angeles, says women must be very emphatic with their doctors if they think they have signs of heart disease. And women should seek a second opinion if they feel they're not being taken seriously.

The following specialists provided information for "Learning the basics" and "State-of-the-heart treatments": Joseph Alpert, M.D., head of the department of medicine at the Arizona Health Sciences Center, Tucson; John Ambrose, M.D., director of cardiac catheterization for the Mount Sinai Medical Center, New York City; Edward B. Diethrich, M.D., medical director and chief of cardiovascular surgery, the Arizona Heart Institute & Foundation, in Phoenix; John Foreyt, Ph.D., director of the Nutrition Research Clinic at Baylor College of Medicine, Houston; Charles Hennekens, M.D., professor of medicine and preventive medicine at Harvard Medical School and Brigham and Women's Hospital; Steven F. Horowitz, M.D., chief of cardiology at Beth Israel Medical Center, New York City; Jeffrey W. Moses, M.D., chief of interventional cardiology at Lenox Hill Hospital, New York City; Richard O. Cannon, M.D., director of the cardiovascular diagnosis section at the National Heart, Lung, and Blood Institute, in Bethesda, MD; Milton Packer, M.D., director of the Heart Failure Center at Columbia-Presbyterian Medical Center, New York City; Jonathan Steinberg, M.D., director of the arrhythmia service at St. Luke's–Roosevelt Hospital Center, New York City.

The healthy heart plan



San Francisco's Dean Ornish, M.D., author of "Dr. Dean Ornish's Program for Reversing Heart Disease" (Ballantine Books, 1992), says heart disease can be reversed without drugs and without surgery.

LHJ: What kind of changes do you recommend for people who either have heart disease or are at risk of developing it?

Ornish: *An extremely low-fat vegetarian diet; quitting smoking; moderate exercise—walking twenty to thirty minutes a day; and stress-management techniques.*

LHJ: And your patients get better?

Ornish: *Yes. They lost an average of almost twenty-two pounds in one year, and they lowered their cholesterol by an average of forty percent. In eighty-two percent of our patients, arterial blockage was reduced and blood flow to the heart was increased. They also experienced a ninety-one percent reduction in the frequency of chest pain—in fact, many of them became pain-free. That doesn't happen with cholesterol-lowering drugs.*

LHJ: Your critics sometimes maintain that your program is too restrictive and that people won't be able to stick with it.

Ornish: *We've found that patients who only make moderate changes get the worst of both worlds; they feel deprived, and at the same time they're not really making changes big enough to reduce their pain, lower risk factors very much, or to stop the progression of their heart disease. But when people make the comprehensive changes we recommend, they usually feel so much better, so quickly, that the choices become clearer. For example, if people have such severe chest pain due to heart disease that they can't work or have sex or even walk across the street, and shortly after following my program they can do all of these, then they may say, "Yes, I like meat, but not* that *much." And our diet is so low in fat that it actually allows people to eat more food and still lose weight and get benefits. In fact, "Eat More, Weigh Less" (HarperCollins) is the title of my next book, coming out this month.*

LHJ: How would you sum up your program?

Ornish: *My program is about improving the quality of life right now. It's based not so much on trying to motivate change out of the fear of dying but rather to find ways of increasing the joy of living.*

—BILL LAWREN



"I'LL GO ON BEATING THE ODDS"

Pat Taylor, from Long Island, New York, was a thirty-six-year-old mother of two young boys when she had a single-bypass surgery to ease severe angina. Seven months later, she had another bypass, which was followed not by the recovery she anticipated, but by two heart attacks.

Pat's surgeon flatly refused to operate a third time; he prescribed a variety of heart medications and sent her home. "He sent me home to die, that's what," says Pat. "Then I read about the Arizona Heart Institute (AHI)." She arrived there a frightening portrait of poor health: overweight, cholesterol nearing 400, and taking seven different medications. After eight weeks at the AHI, however, Pat was sixteen pounds lighter, armed with a new diet, a three-mile-a-day jogging regimen, and an arsenal of stress-reduction methods. In the following months, she lost another twenty-nine pounds and whittled down her cholesterol and blood sugar. Today, Pat, aged fifty, lives in Scottsdale, Arizona, so that she can continue her care and have daily supervised workouts. "As long as I stay in charge of my heart's health," Pat says, "I'm more likely to be hit by a bus at the age of eighty than to die of heart disease."—S.B.

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AGE

51 and over.....5
35-50.....2
34 and under.....0 ☐

FAMILY HISTORY

If you have parents, brothers or sisters who have had a heart attack, stroke or heart bypass surgery at:

age 55 or before.....5
age 56 or after.....3
none or don't know.....0 ☐

PERSONAL HISTORY

Have you had:

a heart attack.....20
angina, heart bypass surgery, angioplasty, stroke or blood vessel surgery.....10 ☐
none of the above.....0

SMOKING

Current smoker: How many cigarettes per day?

5 or more.....20
4 or fewer.....10

If you are a smoker currently taking oral contraceptives and are:

under 35 years of age.....add 2
35 years old and over.....add 5

OR

Previous smoker who quit less than two years ago: How many cigarettes did you smoke?

5 or more.....10
4 or fewer.....5

OR

Never smoked, or quit more than two years ago.....0 ☐

BLOOD PRESSURE

If you have had your blood pressure taken in the last year, was it:

elevated or high (either or both readings above 160/95 mmHg).....6
borderline (between 140/90 and 160/95 mmHg).....3
normal (below 140/90 mmHg) or don't know.....0 ☐

HORMONE STATUS

If you have undergone natural menopause, what was your age at its start?

41 or older.....1
40 or younger.....2

If you have had a total hysterectomy, what was your age when it was done?

41 or older.....1
40 or younger.....3

If you take an oral estrogen supplement.....subtract 2

If you are still menstruating.....subtract 1 ☐

EXERCISE

Do you engage in any aerobic activity, such as brisk walking, jogging, bicycling or swimming for more than twenty minutes:

less than once a week.....6
1 or 2 times a week.....3
3 or more times a week.....0 ☐

BLOOD FATS

If you have had your cholesterol and blood-fat levels checked in the last year, score your risk here:

Over 240 mg/dL.....6
200–240 mg/dL.....3
Cholesterol under 200 mg/dL.....0
If your HDLs are lower than 45....add 1

OR

If you know your cholesterol-to-HDL ratio, use this section to score your risk:

7.1 and above.....6
3.6–7.0.....3
3.5 or below.....0

OR

If you don't know your blood-fat levels, use this section to score your risk: Which of the following best describes your eating pattern? (Use score from only one section.)

High fat: red meat, "fast" foods, and/or fried foods daily; more than seven eggs per week; regular consumption of butter, whole milk, and cheese.....6

Moderate fat: red meat, "fast" foods, and/or fried foods four to six times per week; four to seven eggs weekly; regular use of margarine, vegetable oils and/or low-fat dairy products.....3

Low fat: poultry, fish, and little or no red meat, "fast" foods, fried foods or saturated fats; fewer than three eggs per week; minimal margarine and vegetable oils; primarily nonfat dairy products.....0

Score: ☐

DIABETES

If you have diabetes (blood sugar level above 140 mg/dL), your age when you found out?

40 or younger.....6
41 or older.....4
Do not have diabetes.....0

BODY MASS

Calculate your body mass index with the following formula:

Weight (pounds):___ x 0.45=____(W)
Height (inches) ___ x 0.025=____(H)
Divide (W) by the square of (H) or W ÷ H x H = Body Mass Index (BMI).
(W)___ ÷ (H x H)___ = ___(BMI)
Example: A woman is 120 pounds and 5 feet 6 inches (66 inches) tall:
120 x 0.45=54 (W) 66 x 0.025=1.65 (H)
W÷ HxH=54÷1.65x1.65=54÷2.72=19.8 BMI
If your BMI is 27 or greater.....2
If your BMI is below 27.....0 ☐

Now measure your waist and hips and divide your waist measurement by your hip girth:

Example: Your waist is 26, and your hips are 36: 26 ÷ 36 = 0.7
(waist) ____÷ (hips) ____ =_____
If your waist to hip ratio is
0.8 or greater.....1
If your ratio is 0.79 or less.....0 ☐

STRESS

Are you easily angered or frustrated:

most of the time.....6
some of the time.....3
rarely.....0 ☐

Total Score

What Your Risk-Factor Score Means . . .

15 points or below: Low Risk

Congratulations! Maintain your heart-healthy status by watching your weight, blood pressure, and blood fat (cholesterol and HDL) levels; get regular checkups and don't smoke. Retake this test every year to monitor your heart-health risk profile.

16 to 32 points: Medium Risk

Our experience indicates that your medium-risk level warrants attention. Personal factors or lifestyle habits may be increasing your vulnerability to heart disease. We strongly recommend you schedule an appointment with your doctor for an evaluation, and take this test with you to get advice on how you can improve your heart-health status.

33 points or above: High Risk

Your potential for experiencing a heart attack or stroke is significant. You must take action *now*. If you are not already being treated for heart disease, we urgently advise that you see your doctor immediately and take this test with you. You must seek ways to reduce your risk!

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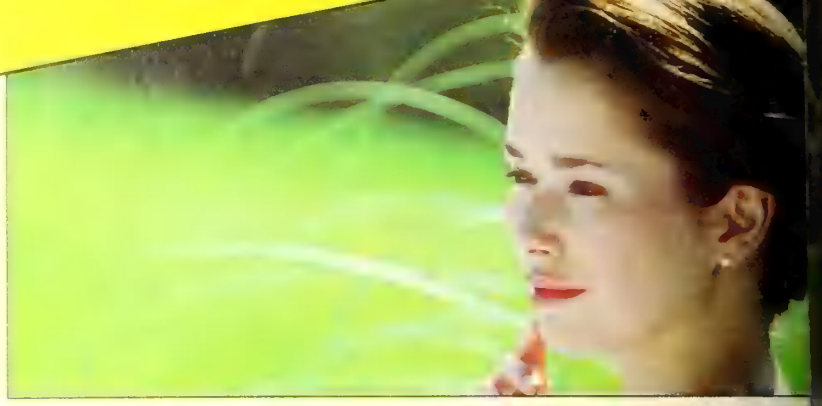
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WORKING MOM'S *makeover*

HOW TO STOP DRIVING YOURSELF CRAZY

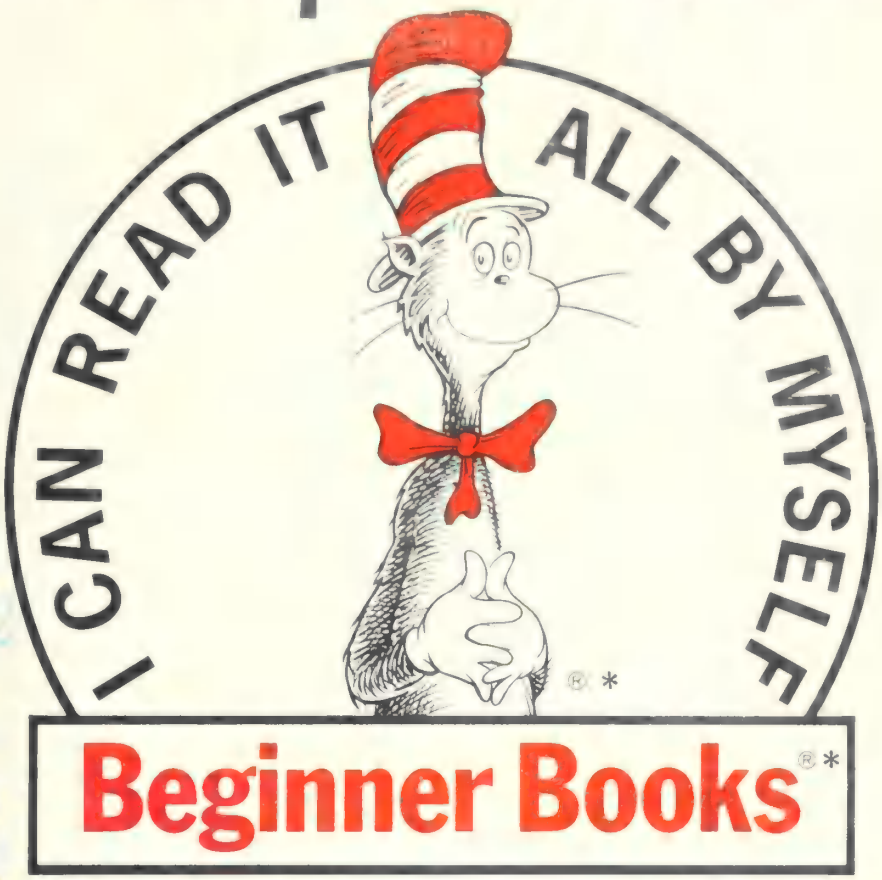
A few years ago, some social pundits declared an end to the Mommy Wars. But working moms knew that the seemingly inevitable antagonism between stay-at-home and at-work mothers was never over; it just went underground. Indeed, the elections last November made a woman's decision to work or to stay home with her children front-page news once again.

However, for most working mothers, juggling work and family responsibilities is not a choice, it's a reality. In the 1990s, the number of employed mothers reached an all-time high. The most recent figures show that almost two thirds of the mothers of preschoolers and three fourths of the mothers of school-age children are in the work force. And the majority of those women report tremendous conflict when they have to balance the demands of their job and their family.

In this special section, we examine the heart of the working mother's dilemma—how she makes some painful decisions, what keeps her stuck on the treadmill—and offer some very practical ways to make it all work.

BY MARGERY D. ROSEN

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Diary of a HASSLED, HARRIED, OVEREXTENDED, *typical working mom*

Meet Ronny Frishman, forty-two, deputy regional suburban editor of the *Democrat Chronicle/Times Union*, the daily newspaper in Rochester, New York. Her husband, Alan, forty-seven, is a professor of economics at Hobart and William Smith Colleges, and they have two sons, Aaron, fourteen, and Michael, ten. While your schedule might not be as frantic as hers, we bet it comes close. Wouldn't you love someone to take charge and show you how to fit all the pieces together more easily? We asked work/family expert Ellen Galinsky to study Ronny's day and suggest changes that can help other working parents, too.

6:30 A.M.: From under the covers, I am vaguely aware that Aaron, my fourteen-year-old, is in the kitchen foraging for cold cereal before dashing for the school bus at 6:50. I won't get home until past nine tonight, so I won't see him until bedtime. I have to remember to ask Alan if he can leave early to take Aaron to a religion-school dinner and then to hockey practice—and drop Michael at my mother's house, where I'll pick him up on my way home.

7 A.M.: Time to wake Michael and make him breakfast. I grab a cup of coffee and sit with him until eight, when he leaves for school, a five-minute walk from our house. This is about the only time we have together, just the two of us, all day. And I can tell that Michael, more than his older brother, has been affected by my new job schedule. Technically, I'm in the newsroom from eleven a.m. to seven p.m. every day—I work the late shift every other Friday and Sunday—but rare is the night I leave before nine or nine-thirty. I think I've had dinner at home with my family once in the last month.



ELLEN'S ADVICE: *Eat better. If you don't have the time for a complete breakfast, at least have a bowl of whole grain cereal or a bran muffin and glass of orange juice.*

8 A.M.: Alan leaves for his office in Geneva, a one-hour commute that grows longer in the winter months when snowstorms block the thruway. Committee and faculty meetings often keep him until seven or eight, but today he's agreed to leave early.

9 A.M.: I scan the newspapers to see what we should be covering today, what we missed, shower and try to squeeze in a few errands, since I don't even have time to pick up a quart of milk later.

Child care has been a constant dilemma—patchwork solutions. Aaron is finally old enough to stay by himself, though I can't help feeling guilty that I spend so little time with him. Last year I didn't find out that he was in the school chorus until the week before the Christmas concert.

ELLEN'S ADVICE: *Exercise! No matter how tight your day or how exhausted you feel, wedge this in. Morning is probably your best bet. Just half an hour a day will keep weight down and give you more energy to accomplish tasks you were simply too tired or foggy to do in the past. Do any friends live nearby? Ask them to join you. Another idea: Buy an exercise bike and read the paper while you pedal.*



11 A.M.: Morning newspapers have deadlines at night, so I use this time to make a dent in the pile of mail towering above my desk. I also call regional reporters—I supervise seventeen people—and assign stories, as well as return phone calls. But it's virtually impossible to get anything done because the phone doesn't stop ringing.

11:30 A.M.: I've only been here half an hour, but the pressure is building and I can feel that familiar knot in my stomach as I go into a meeting (one of several) to discuss the story lineup.

11:40 A.M.: Michael calls from school. He left his French horn home; if he doesn't have it today, he'll miss band practice and then won't be able to play in the concert. I skip the last few minutes of the meeting, race to my car (relinquishing my hard-to-find parking space), get the horn and deposit it at school.

ELLEN'S ADVICE: *If Michael does this* *(continued)*

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1983 QOC

(continued) once, it's not so bad, but remember he's ten—time for a little responsibility. Do it this time, but tell him that from now on, he'll have to live with the consequences.

12:10 P.M.: It's pouring, but still I'm gone one hour. I'm also annoyed that I can't find a nearby parking space. It's not simply a matter of convenience. Last summer, a woman was abducted from the garage and raped. Working late and leaving after dark is an added stress factor.

ELLEN'S ADVICE: *Discuss with colleagues ideas to present to management to improve the safety and security of all employees.*

12:30 P.M.: A friend calls to say hi. I want to go to lunch. I haven't seen her in weeks, but I decline. I grab a turkey sandwich from the cafeteria and wolf it down at my desk while I try to finish some long-range planning.

ELLEN'S ADVICE: *About that lunch. You can't neglect personal pleasures all the time. If you keep that lunch date (even a half-hour break just for tea), you'll return to the office with renewed energy.*



1 P.M.: I'm wiped out, and my arm is beginning to hurt again. Last year I developed symptoms of Repetitive Stress Injury—severe tendinitis in my elbow and wrist—from working at the computer. I was on anti-inflammatory medication for a few weeks, and they adjusted my workstation and chair to better support my wrist. After a few months, the pain subsided. And, fortunately, I don't sit in front of the computer all day anymore.

2:15 P.M.: Aaron just got home from school. He needs to interview me about a favorite book I've read recently. A book? Is he kidding? I'm lucky if I get through "People" magazine! If I have any reading time at all, it's work-related. But I promise to think of one, and he says he'll call me at six-thirty.

3:20 P.M.: Michael is home, and he calls to say he misses me. I'm overcome with guilt—again. He used to be in a latchkey kid program at the Y, but he didn't like it. The problem is that Michael is too old for a baby-sitter but too young to stay by himself. He's very bright, but in first grade he was diagnosed as having Attention Deficit Disorder. We had a few rough years, but now, with special reading and math classes, he's doing great and reading at class level. But he still needs direction and help with communication—something that's hard for me to do over the phone. And it's not fair to give Aaron that responsibility, too.

ELLEN'S ADVICE: *Ease the guilt by setting up a special time every week (twenty minutes or half an hour is fine) to be alone with each child. Let Aaron or Michael decide what they want to do—play a board game, read.*

5 P.M.: Michael calls to complain. They've been fighting over what TV show to watch. Aaron went into the bathroom and took the remote control with him and, even though he can't see the set, he's got MTV blasting away and won't let Michael switch to "Charles in Charge." I love mediating sibling battles from afar. And besides, why are they watching TV anyway? House rule is no TV or Nintendo until after homework is done.

ELLEN'S ADVICE: *You can't discipline from afar, so stop trying. However, discuss rules with your kids and insist they be responsible for sticking to them. Over the weekend, have a family meeting and set up a TV-watching policy that sounds fair to all. Perhaps taking turns is your answer—Aaron can pick the first program to watch, then it's Michael's turn.*

6:15 P.M.: This family revolves around Aaron's hockey team. The coach gives us a schedule two weeks in advance, but practice is always at different times, which makes it very difficult to plan. Sometimes it's scheduled for three p.m., sometimes at six, sometimes at eight, and always at different rinks, depending on where they can get ice time.

ELLEN'S ADVICE: *How about a carpool? Even if other kids live out of your way, if you have to drive only once a month, you'll be better off.*

6:20 P.M.: I call Aaron to tell him that since Alan can't get home to make dinner, he should put some frozen pizza in the microwave for Michael. Then I remember to call my mother. When my father died two years ago, Mother moved here from Long Island, but she knows no one. My brother lives in Chicago, so we're really all she has. But Mother has MS, and she has difficulty getting around. A woman comes in twice a week to clean and cook for her, and I try to get there as often as I can, but, well, that's another reason I feel guilty all the time. Who comes first? My family? My mother?

6:30 P.M.: Another story meeting, and then I have to see the personnel director. My stomach is in knots. I know Aaron is trying to reach me for that book report, but this time I can't get out of a meeting. For the first time in my career, I have to talk about problems I'm having with some reporters. I'm in a management position, and I know that my decisions can seriously affect a person's life. When I get back to my desk I see three messages from Aaron.

(continued)



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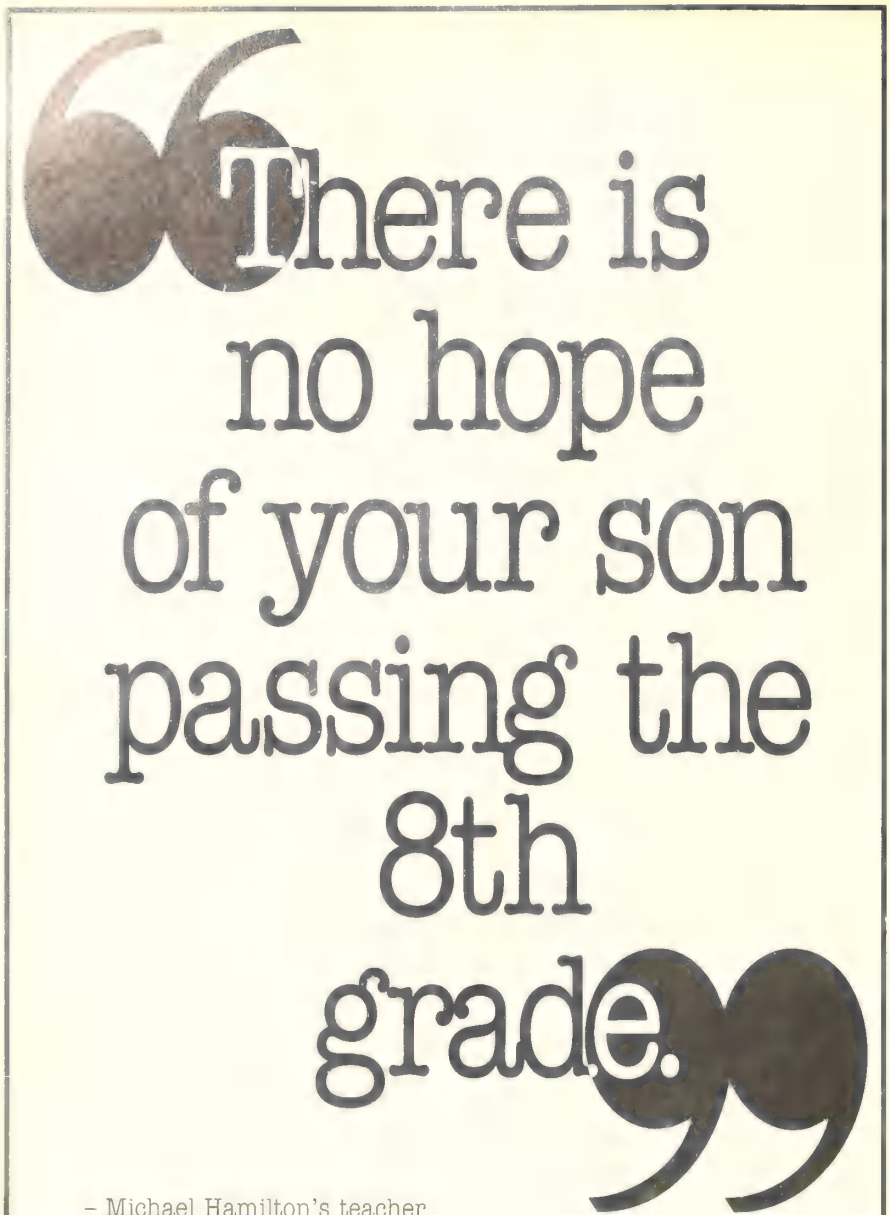
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Working mom's makeover

continued

ELLEN'S ADVICE: *Next ti... soon as you realize you might m... child's call, call him first. Say, "I ... ally sorry, but it looks like my m... will run late and I won't be able t... when I said I could. I promise I ... you as soon as I'm free."*

7 P.M.: I talk to Aaron and tell him ... vorite book is "Wuthering Heig... frankly, it is the only one I can thi... Then Michael wants to know why he h... clean undershirts. Why indeed? Or ... last week when I went to the laundry ... I found the wash that I had put in ... morning still soaking-wet in the ma... No one had noticed and bothered to ... in the dryer, so I did. And that's whe... undershirts are.

7:30 P.M.: I grab a bag of popcorn ... the vending machine. Last night's d... was an apple and half a bag of Cheez... dles, since I hadn't had time to go gr... shopping. Then I tackled their dinner ... es. There's nothing like coming hom... to a sinkful of plates covered with ... gealed taco grease. . . .

ELLEN'S ADVICE: *Be ho... You don't want to admit to yourself ... you will still be at work and not ... your family during dinner. ... enough—but don't shortchange you... Instead of heading for the vending ... chine, take along something health... whole grain muffin, raisins and nuts... gurt. Call it a snack! Also, insist ... kids clean up after themselves—or f... privileges. Food shop on your wa... work; have them deliver later for ki... put away. Ditto the laundry.*

9 P.M.: We're on deadline now. Mic... calls to ask when I'm coming to get ... I'm starting to lose it, and I yell at ... Then I feel horribly guilty. We're sh... handed, so I can't leave. I have four ... stories, which I have to read before ... and the reporters are still workin... them. But there was something else I ... to remember to do today, and for the li... me I can't think of what it was.

ELLEN'S ADVICE: *Keep a w... ten list of things you have to do, so y... head is clear. Write* *(contin...*

*everything down, no mat-
trivial—make dentist appoint-
pick up milk, call plumber,
nderwear from a mail-order cat-
hatever—and keep it with you.
this list regularly and, if you get
e minutes, make one call. Check
mputer-banking services. If you
computer and a modem, it will
ne, too.*

.M.: I can't see straight anymore. I
a deserter, but I've been here al-
n hours and I've barely made a dent
ile. Maybe I should just quit. I call
t for a security guard to escort me
arking lot.

EN'S ADVICE: *When stress
to this level, it's tempting to think
quitting. But you not only enjoy
aper work—your family needs
aycheck. It's time to explore other
ssibilities. Think about what you
want to do. What are your
s? Take responsibility now for
g things better for yourself. If pos-
rrange a meeting with your super-
nd suggest three or four ways to
ture your job so your needs and
eeds are more in sync. Be direct
k for what you want.*
*lity check for all working moms:
imes you have to step back or side-
for a period of time before you
head. Ask yourself: Is the prestige
king for a big company or having
icular job title important, or would
happier, saner, if you had more
with your family? Instead of
ng on what you're losing, concen-
n what you'll be gaining.*

P.M.: When I get to my mother's,
el is watching "Beverly Hills 90210."
f he's finished his homework, and he
ie "not exactly." I scream at him in
of my mother and continue all the
me. I tell him no TV for a week. Who
idding?

EN'S ADVICE: *Break the mea
cycle here, too: It's tough for all of
handle discipline dilemmas the
ve know we should after a lousy
f you notice this pattern, think of
ructive ways to solve problems
y instead of getting into a why-*

didn't-you routine when you're both worn out. Tell Michael: "I feel terrible about picking you up so late, but I'm tired right now. Help me so we don't get into a fight." Then do something to ease the transition for both of you until you can talk calmly. (You could listen to music on the drive home.)

10 P.M.: Alan and Aaron come home. Aaron is exhausted; he takes a shower and goes to sleep. I see him for five minutes. Michael goes to bed a few minutes later.

11 P.M.: Time for the late news, which Alan and I watch together. This is the only time all day we have to be alone. Before I can stop myself, I'm telling him all the problems I had today. Isn't that romantic?

ELLEN'S ADVICE: *Sometimes it's impossible to find time during the week for meaningful conversation with your spouse. To the extent you can both admit this, even joke about it, you'll be happier. Set aside a few minutes for what I call Bitch Time. This is when you can both moan about troubles and problems, and what went wrong. Once that's over, you can enjoy the rest of the evening.*

Midnight: Alan has fallen asleep, but I'm wide awake, wondering what I've forgotten to do. Sex? What sex? Maybe Saturday night . . . if both of us can stay awake long enough.

EDITOR'S NOTE: As we went to press, Ronny's hours were changed again—to the four P.M. to one A.M. shift. With great reluctance, she submitted her resignation and gave two weeks notice. "Ellen's suggestions were great, and I plan to incorporate them into my life from now on. But I realized this job was no longer right for me or my family." Ronny was smart; she didn't walk out in a huff. She realized that she loved writing and that the most satisfying time in her career was when she was a reporter for the paper. After contacting everyone she knew—and some she didn't—she decided to do free-lance writing and public-relations work while she thinks about what her next step should be. "Meanwhile, I just volunteered to work at the book fair at Michael's school. Can't wait!"



Life on a SEESAW

HOW REAL MOTHERS BALANCE THE DEMANDS OF JOB AND FAMILY LIFE.

BY ELLEN GALINSKY, M.S.

As a part of our continuing series of roundtable discussions on family life, *Ladies' Home Journal* brought together a panel of working mothers from across the country under the direction of *Journal* contributing editor, Ellen Galinsky, M.S., co-author of *The Preschool Years* (Ballantine, 1991), co-president of the Families and Work Institute and a working mother herself for more than two decades. Listen in as they share what works, what doesn't, what they'd like to change and what they love just the way it is.

OUR PANEL:

Judy Tschann, forty-three, is a college English professor. She is the mother of Katy, eleven, and Peter, six. She and her husband, a graphic artist and photographer, live in Redlands, California.

Ronny Frishman, forty-two, is the newspaper editor from Rochester, New York, whom you met in the diary on page 100.

Grace Escamilla-Mesa, thirty-three, from Laramie, Wyoming, has just reentered the work force, twenty hours a week, as an assistant coordinator at an adult education resource center after returning to school at the age of twenty-six to get her degree in social work. She has two children and two stepchildren at home: Thomas, seventeen, Bert, sixteen, Naomi, eleven, and Carlos, two. Gilbert, twenty-two, lives on his own. Her husband, who works for the railroad, is home only a few days every other month.

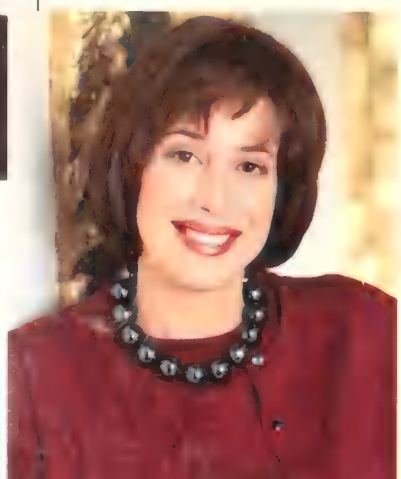
Dionne Ledford, twenty-six, is a kindergarten special-education teacher. Her daughter, Jasmyn, is twenty-one months old. Dionne and her husband, who works in the accounting department of an oil and gas company, live in Newark, New Jersey.

Also joining the panel: **Diane Kaufman**, thirty-nine, from Newark, New Jersey, a pediatrician and child and adult psychiatrist and the mother of Emma, five. Her husband is a social worker. And, from *Ladies' Home Journal*, **Mary Mohler**, managing editor, a single parent with three children—Elizabeth, nine, David, seven, and Teddy, five; and **Margery Rosen**, *LHJ*'s family and child-care editor, who is married and the mother of Sarah, nine, and Michael, four, and has a work-at-home schedule. *(continued)*

EVERY WORKING MOM DESERVES A BIT OF PAMPERING, SO WE DECIDED TO GIVE EACH OF OUR PANELISTS A BEAUTY MAKEOVER. THEY ENJOYED A DAY OF TOTAL SELF-INDULGENCE, AND LEARNED EXPERT TIPS TO LOOK GREAT FAST



"Now that my hair is shorter, it doesn't take as long to dry," says Ronny Frishman, 42. Twinset, The Gap; necklace, Carolee.



BACK TO BASICS

With panelist Ronny Frishman's busy schedule, she has no time for an elaborate beauty routine. Makeup pro Alison Raffaele says neutral colors are the best time-saver. The taupe eye shadow she used on Ronny, for example, blends in so naturally that it doesn't take a pro to apply it. If you want to experiment with bolder colors, save it for an evening when you can spend the extra time to get it right.

Edward Tricomi, of Warren-Tricomi in New York City, insists that the key to spending less time on your hair is getting a good haircut. Not only is a great cut easier to style, it grows out well, so you'll need fewer trims. "Some really good haircuts can last three to four months," says Tricomi. Ronny's cut is polished and professional looking, but simple to style. In addition, colorist Joel Warren gave Ronny's hair a beautiful boost with a rich shade of red-brown.

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(continued)

Ellen Galinsky: We all know it's sometimes nearly impossible to find the right balance between your family and your work life. Each of you has faced obstacles and found ways to leap them. What's been your toughest problem?

Grace Escamilla-Mesa: I often feel I never do anything really one hundred percent. I have so many children and so many things to do, what with keeping the house clean, cooking the meals, and trying to teach my kids to be responsible citizens, that I worry I don't have time to simply love them.

Mary Mohler: There are moments I feel close to the edge. I'm doing so much, yet it always feels I'm a day late and a dollar short.

Ronny Frishman: My mother always worked—she was an elementary school teacher—so I had a good role model, and at least I have the satisfaction of knowing that I'm providing a role model for my kids. It lessens my biggest problem—working-mom's guilt.

Ellen: So the knowledge that you're a positive role model helps you strike a better balance?

Dionne Ledford: For me, definitely yes. I work because I have to and because I want to. I don't think I would enjoy being home all day; my job is very much a part of my identity. Yet my toughest problem is switching gears between my home life and my work life. You can't stop thinking about your child just because you're at work—and vice versa. So sometimes I wind up feeling I'm not doing either job as well as I could.

"I'm doing so much—yet it always feels like I'm a day late and dollar short."

Judy Tschann: Just to live a middle-class life, we must have two incomes. But my biggest problem has been trying not to feel trapped, as if I have no other options.

Mary: Me, too. But as a single parent, I either work or go on welfare.

Ellen: Does being a single parent make it easier to come to terms with why you work?

Mary: In a way, yes. But then you have your own private guilt about trying to be both mother and father.

Ellen: Many of you have mentioned being a "good mother"—what does that mean?

Judy: Mothering is something you have to reinvent every day. To me, it means nurturing and helping my children grow into happy people. Letting them know that whatever happens, I'm on their side.

Ronny: I think being a good mother means being there for your child, in an emotional way. My kids know I can't always be there physically. I feel a responsibility, too, to raise boys who will be sensitive and understand a woman doesn't *have to* stay home.

Margery Rosen: For me, being a good mother means focusing on my kids, whatever they're doing or saying, and not letting my own problems interrupt those moments. It's being able to slow down and poke my head into the fire station if that's what my son wants to do—and not be thinking, *(continued)*





"I would never have guessed that using a pencil to define my eyebrows would make such a dramatic difference," says Dionne Ledford, 26. Jacket, Calvin Klein; sweater, The Gap; necklace, Carolee; earrings, Trifari.

FROM WORK TO WEEKENDS

Since Dionne Ledford works with small children, her number-one requirement was a hairstyle that's out of the reach of little hands. A short cut might have been a time-saver, but Dionne treasures her long locks. (In some cases, saving time isn't everything.) The solution? Edward Tricomi trimmed an inch off the bottom to clean the ends but left her with enough length to pull into a chic chignon during working hours. For a more relaxed weekend look, she can blow-dry it straight, leaving soft waves around her face.

"Well-shaped eyebrows make a surprisingly big difference," says Alison Raffaele. If yours are straggly, have them tweezed professionally—but not too thin—and then keep them in shape. Raffaele gave Dionne's brows extra definition with an eye pencil to better frame her almond-shaped eyes. Bonus: You'll need less eye shadow.

Required reading for any caring parent:



The back of the Children's NyQuil® label.

and follow label directions and warnings. © Richardson-Vicks, Inc. 1992

Oh God, I can't do this. I have to hurry so I can do the grocery shopping or finish that project.

Mary: It strikes me that being a good mother and a good worker are very different. At work, you need to be productive and efficient—and that's antithetical to what you need to be at home. Children must be encouraged to try and allowed to fail over and over again.

Ellen: So how do you handle the frustration?

Diane Kaufman: It took a long time for me to realize that being a good mother doesn't mean it feels good all the time. When I say no, my daughter may get mad and she may not like me!

Mary: No one ever prepares you for how often you're going to have to say no as a parent. I used to try to be the perfect mother, but now I think that trying to be perfect makes you the worst mother of all. You tend to keep everything inside and then you blow up and scream at your kids or your husband.

Ellen: Some experts say that parents today are turning their children into products, hurrying them to grow up too fast. Anyone agree?

Judy: I think a lot of mothers, working or not, unconsciously use their kids to validate themselves. Society's emphasis on productivity causes some of us to think, Gee, if my kids are successful, then I must be a great mom!

Ellen: And the flip side of that must be that if something goes wrong, then it's Mom's fault, right?

"Mothers absorb guilt like a sponge. I try not to be so hard on myself."

Judy: We mothers absorb guilt like a sponge. I'm trying not to be so hard on myself, to convince myself that I'm not responsible for everything my kids do or become.

Ellen: Do working moms feel they have to make it up to their kids because they work?

Diane: I think so. And one of my problems is that the time I do have with my daughter is so limited that I can't get in sync with her like I think I might be able to if I were home more. Maybe then, if I had an argument or lost my temper, I'd have enough time to work it out. Now, I sometimes don't.

Judy: Right. It's hard to set limits when you've been gone all day. You have this short amount of time, and you want it to be magical. . . .

Ellen: Any solutions for making those few hours happier?

Mary: We've pushed dinner back. When I get home, everyone wants a piece of me—immediately. Instead of trying to prepare dinner, we all plop down in the living room, have a somewhat nutritious snack, and just spend time together. That takes the edge off their physical and emotional hunger. Then later, we have dinner.

Margery: I stopped thinking I had to cook a hot, perfectly balanced dinner every night. Tuna, cold cuts—even peanut-butter sandwiches—are perfectly fine.

Ellen: So then working and having children isn't impossible. How else do you keep yourself from getting squeezed out of the equation?

Grace: I force myself to wake up early and run through my exercise program. That's *(continued)*





"It's a very simple cut—I just blow it dry. I don't even need to use a curling iron anymore," says Judy Tschann, 43. Blazer, Calvin Klein; sweater, The Gap.

HOW TO FIND WHAT'S BEST FOR YOU

Judy Tschann's beauty routine was well established, but like many women, she wasn't always sure that what she was doing was right for her. But who has the time—or the money—to experiment with product after product to find the one that's right? Makeup pro Alison Raffaele knew instantly: "Judy needs to use a yellow-toned, oil-based foundation to counteract her very dry skin." To get your own advice from a pro, take advantage of free mini makeovers offered at many department-store makeup counters. Just be sure to pick out someone who does her own makeup well!

Judy had been trying to grow her hair all one length, but Edward Tricomi advised against it. "All one length would make her look older," he says. Instead, he cut an inch off the bottom and added long bangs and a few layers around her face to make her straight, thin hair look thicker. The result? "I love my hair now," says Judy.

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important to me; it's mine, and the whole family now knows not to interrupt me unless it's a life-or-death emergency!

Diane: I started meditating fifteen minutes every morning. My husband takes care of our daughter, gets her breakfast, and I dress her afterward. Somebody I hadn't seen for a while recently told me I actually looked relaxed. Me, the nervous wreck!

Ellen: How do husbands fit into this balance?

Mary: I hear lots of women complain they don't have time for their husband. But now that I'm on my own, I've discovered that when you meet someone you really want to be with, you make time.

Judy: I think we often prevent our husbands from being in charge. I've found that if I simply give up more of the responsibility, he picks up the slack.

Dionne: Exactly. I bite my tongue and try not to criticize the way my husband does something with Jasmyn just because it's not precisely the way I would have done it.

Ellen: What about the so-called Mommy Wars—the tension between mothers at home and mothers who work? Is it media hype?

Dionne: I think it's real—on both sides. Unconsciously we often need to justify our life choices, and sometimes that comes out as negativity toward someone who's made a different choice.

INDULGE YOURSELF

Grace Escamilla-Mesa's biggest problem as a working mom was finding time for herself. With practice, ten to fifteen minutes a day can add just enough sophistication. "The biggest difference I made in Grace's makeup was using a rose-colored blush, which gives her olive-toned skin a nice glow," says Raffaele. And even if you're incredibly busy, it's worth the time to take care of your skin. Makeup will go on easier and look better.

Grace's new haircut is easy, too. "Her bangs were very short, so I layered the hair around her face to blend them in. I left it more or less the same length, but the layering added volume," says Edward Tricomi. Expert colorist Joel Warren enriched her haircolor by adding back the warm brown tones that had been bleached away. This is called re-pigmenting.





"Applying my makeup is a lot easier now. I threw out all my old colors, and I'm just using the basics," says Grace Escamilla-Mesa, 33. Sweater, The Gap; necklace, David Dubin.

out of town so much, I can't. So I've decided that the best thing for me right now is to work part-time in my field until the kids are older, then look for a full-time position.

Margery: I made a choice when my children were little to step off the fast track, so to speak. That was one of the hardest decisions I've ever made, and I was lucky to have a boss who was responsive to my needs. And the amazing thing is I enjoy it even more now! There were times when I had twinges of envy for a colleague's terrific job, times when something exciting was going on at the office and I wanted to be a part of it but couldn't. But you reach a point where you give yourself permission to concentrate on other parts of your life.

"Despite all the headaches, I wouldn't have missed having kids for anything."

Ellen: Speaking of life choices, are you trying to advance in your careers in the same way you would have if you didn't have children?

Grace: I've struggled with this issue. There's the inner me who wants to push ahead with my career. I went back to school, got my degree, and I want to work. But since my husband's job has him

Judy: Having colleagues who are supportive helps you make those kinds of choices. That's where I sometimes get frustrated. The people I work with are all individually terrific, but when the time comes to really rethink and establish work patterns and hours that would help the working mother, nothing seems to change.

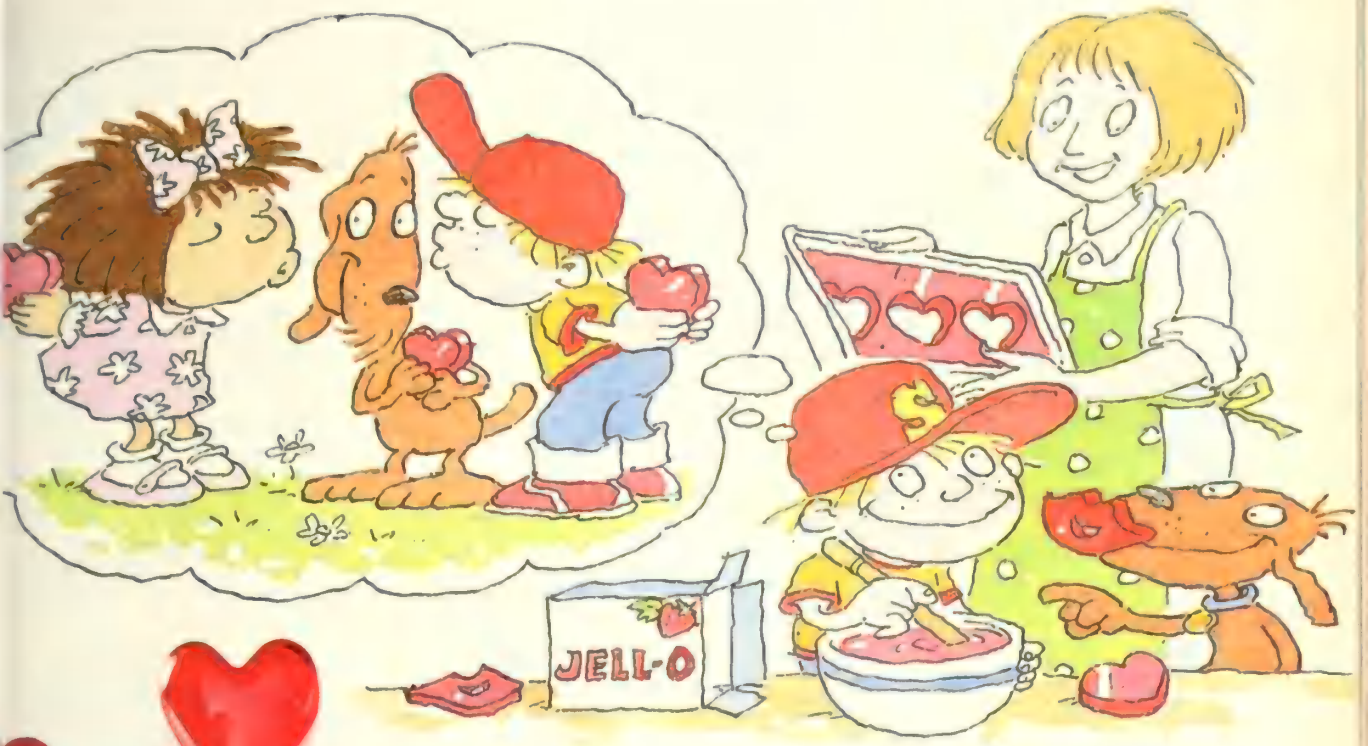
Diane: We've started holding seminars and brown-bag lunches to discuss work and family issues. It's helped me to realize that other women struggle with these issues, too. We've started to formulate some ideas to submit to management.

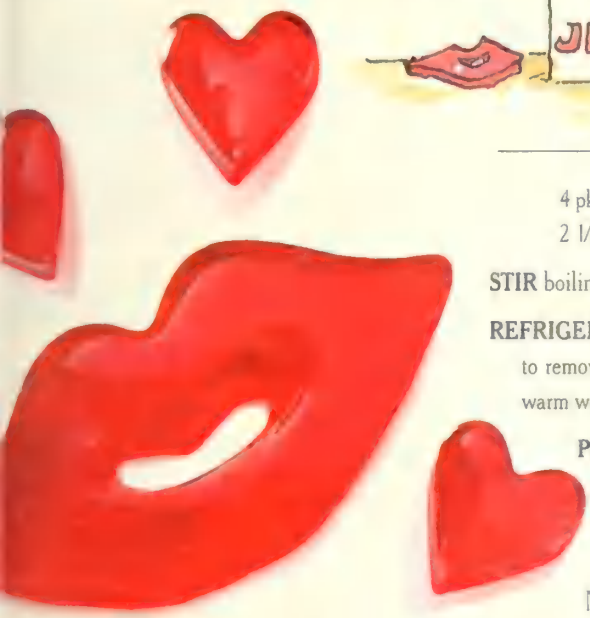
Grace: I'm optimistic. I believe that bias will change, now that so many more fathers have taken a more active role in parenting. When it becomes a problem for men, that's when we see action, right?

Mary: One last point: I hope we've communicated that while it's hard to balance work and family life, it's worth it. Because despite all the headaches, I wouldn't have missed having children for anything.

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4 pkgs. (4-serving size) or 2 pkgs. (8-serving size) JELL-O® Brand Gelatin, any flavor
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STIR boiling water into gelatin. Dissolve completely. Pour the mixture slowly into 13x9 in. pan.

REFRIGERATE at least 3 hours. (JIGGLERS™ will be firm after 1 hour, but are more difficult to remove from pan.) Dip bottom of pan in warm water for 15 seconds to loosen gelatin.

PRESS any fun shaped cookie cutter into the JELL-O and then lift the cutter straight up. Use your fingers to remove JIGGLERS from pan.

Makes 24 pieces or 4 to 6 servings.



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HOME ALONE



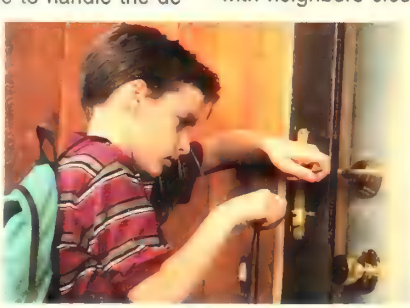
STRATEGIES FOR KEEPING THEM SAFE—AND YOU SANE. BY LAURENCE STEINBERG, PH.D.

Experts agree that most young adolescents (those ten to thirteen years old) can handle the responsibility of caring for themselves—as long as certain guidelines are established first:

- Tell him to check in with you, or another adult, every afternoon. A quick call to your office, or to a designated neighbor or grandparent, lets you know he's safely home and reminds him you're still supervising the situation, albeit from a distance.
- Have an activity plan that you and your child agree on. Routines not only help pass the time, they also keep kids out of trouble. What's on the list is less important than having one. Be precise: 3:30 P.M. to 3:40 P.M., call Mom at work; 3:40 to 4:00, have a snack; 4:00 to 4:30, watch TV; 4:30, start homework; 5:30, set the table. Your list can also include hobbies, reading or household chores (be reasonable; he's a kid, not a housekeeper). Periodically revise the agenda to banish boredom. And if your older child is expected to watch a younger sibling, make a list for the younger child, too.
- Don't forget to establish which activities are off-limits: Can he play outside? In the yard? Is he allowed to use the stove or microwave?
- Explain in detail every rule and why you feel it's critical. Situations may arise that you never anticipated. If your child understands how you think, and what your values are, he'll behave and make decisions the way you want him to.
- Don't allow him to have friends over. If anything happens to another child in your home, you can be held liable.
- Periodically review emergency procedures with *all* your children. Keep phone numbers of fire station, police, poison-control center, as well as your own work number, near the phone at all times. Even better: Program your phone, if it has the capability, so that your child can contact key people with only the push of a button.
- Revise the rules as your child gets older and demonstrates more responsibility. A thirteen-year-old who has handled an after-school situation well for some time may be permitted to have a friend over once in a while, as long as you know the friend and he agrees to obey your house rules.

IS MY CHILD REALLY READY TO STAY BY HIMSELF? *Only you know for sure*

It's impossible to determine the precise number of latchkey kids, since, for obvious reasons, many parents are reluctant to report that their children are home alone. According to U.S. Census Bureau statistics, there are currently some 2.1 million latchkey kids, but children's-rights experts believe the number is probably closer to thirteen or fourteen million. Remember that a child's maturity varies widely. Your decision should be based on your child, your own beliefs and the overall safety of your neighborhood. Consider the following: ■ Is my child physically able to handle the demands of caring for herself on a daily basis—as well as any unexpected events? Can she lock and unlock the door? Dial the phone? Make a snack? ■ Is she generally confident and self-assured? A child who is anxious, wary, easily scared is probably not emotionally ready. Is she under any particular stress right now? (Has she just switched schools? Have you and your spouse recently separated?) Then hold off a while. ■ Has she ever stayed alone for even a short period—for instance, when you had to run to the grocery store or pick up another child? Have a few trial runs first. ■ Does she seem able to anticipate problems and respond appropriately? Rehearse a variety of "what if" situations: What if someone calls on the phone and asks for me? What if the smoke alarm goes off? What if the electricity goes out? ■ How self-motivated and disciplined is she? ■ How safe is your neighborhood? Do you live in a suburban community with neighbors close by, or in a secluded area? If you live in an apartment, does the building have adequate security? Installing window and door alarms will help you all feel safer. ■ Honestly ask yourself if *you* are really ready to take this big step. Have you thoroughly investigated all community options? Have you tried getting the school, P.T.A., a local church, or even a large local business to institute a school-age child-care program? The bottom line: If you're not ready, they're not ready.





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WHEN YOU CAN'T GET A SITTER

DO KIDS AND THE OFFICE MIX?

A working mom is only as good as her child care. And as every parent knows, the best-laid plans often go awry. Although it's inappropriate to bring a child to work in some cases—if you know your workplace is inhospitable or even dangerous—we culled some crisis-management tips from mothers who have had to take more than their briefcases to work.

1. Announce your plans first. Don't just show up at the office with toddler in tow. Call your superior, explain your dilemma and ask if she objects to your bringing your child in. If she says no? Then you'll have to take a personal day.

2. Limit your time there. Attend to all essential tasks; take work home if you can.



3. Keep a few toys or games appropriate to your child's age in your office so he won't be tempted to play with the copying machine or stick paper clips in your computer's hard drive.

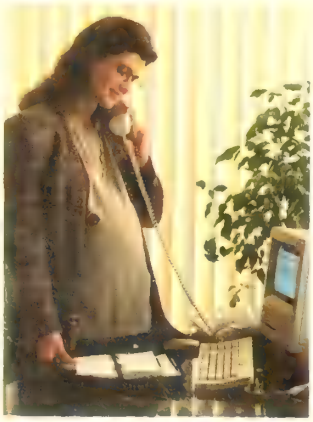
4. Let your child visit with your colleagues, but only for a quick hello. Don't linger. Much as they may like your children, they have work to do, too. If you are in a management position, don't expect your secretary to baby-sit.

5. Prepare yourself for the next time. While you can't predict when the sitter will call in sick, some dates you do know will be problematic (school vacations and teacher conference day), so mark them on your calendar. Make contingency plans now. Can a neighbor or friend watch your child on those days? Is there a college student who can be called at the last minute? Sources you might not have thought of: Try the local hospital to see if student nurses may be available; try the senior-citizen centers. Or contact a commercial service, such as Kindercare. Check your local phone directory for one in your area.

Maternity leave

HOW TO MAKE SURE YOU GET WHAT YOU DESERVE

Family values notwithstanding, there is still no federal law guaranteeing a parent time off for the arrival of a new baby. What does exist? The 1964 Civil Rights Act, amended in 1978 to include the Pregnancy Discrimination Act, prohibits discrimination on the basis of pregnancy, childbirth or any related medical situation. Also, thirty-five states now have some type of legislation related to parental leave, although the specifics vary widely. So you have to do some homework.



First, call your state department of labor or check your local library to find out the details of what you're entitled to. Then check your company's policy. How long is the leave? How long do you have to be working there before you're covered? Will your health insurance be continued during that time and, if so, who has to pay for it—you or your employer? Remember, most leaves are unpaid. If your employer has disability insurance and fifteen or more employees, then pregnancy is usually covered as a short-term disability.

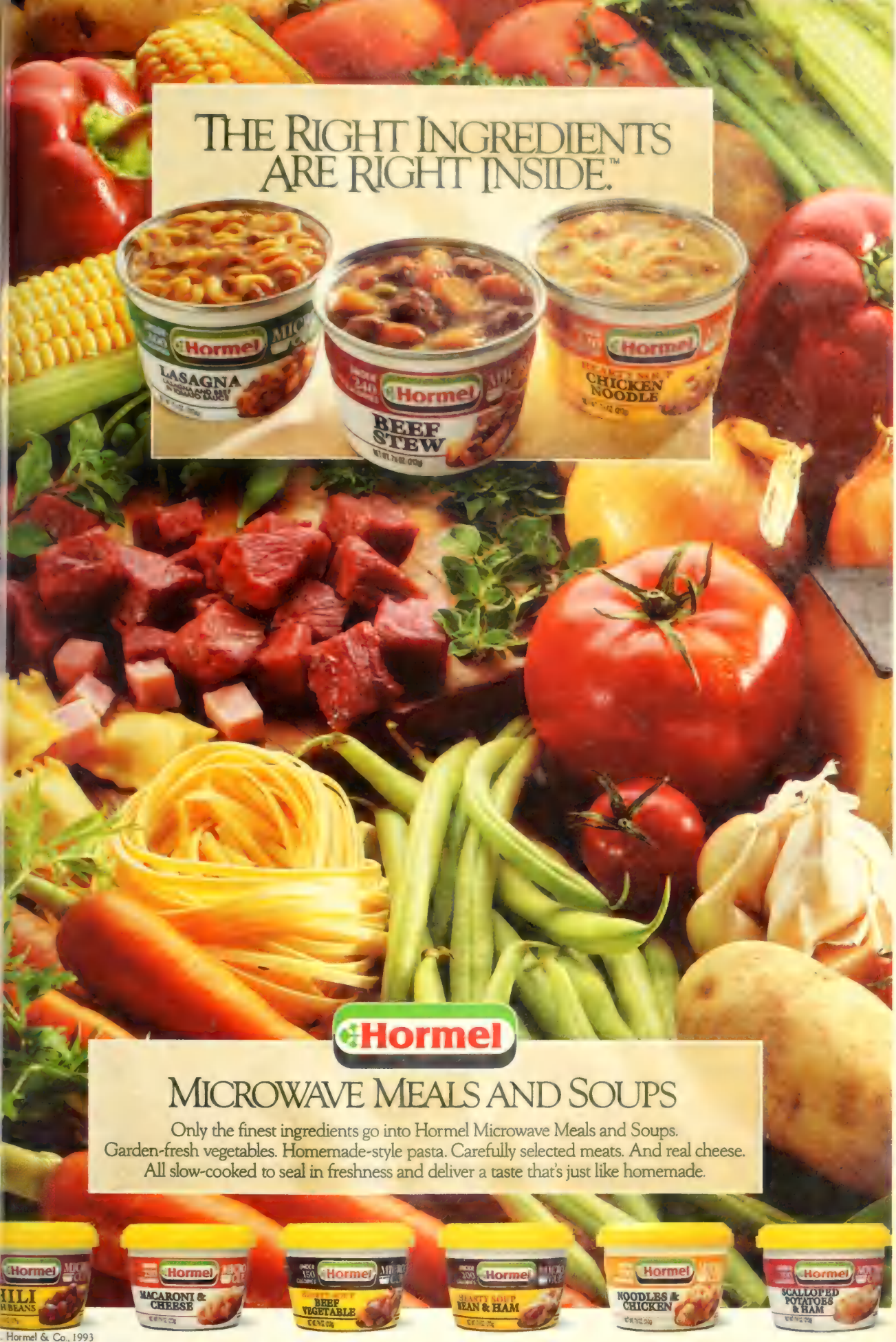
Find out through the grapevine how your company handles pregnancy leave. Large companies probably have some written policies on family issues. Precedence is important here: If you work for a small business that has no written policies, or one whose managers are not up-to-date on the latest workplace trends, you may have a harder time convincing them of your needs.

Be open and honest as early as possible, advises Ellen Galinsky. "Supervisors are more supportive if they have some warning. Go in with a plan on how your job can be handled during your absence."

FOUR WAYS TO GET YOUR COMPANY TO CARE

According to Ellen Galinsky, every family-friendly company she has researched had at least one internal champion who had enough business credibility to take on such a non-mainstream issue. The champion developed a business plan and showed the powers that be how much the company was losing by not being responsive to family needs. Keep the following points in mind:

1. Team up with people who are listened to.
2. Find out specifically what employees want. Many decision-makers fear that employees will insist on on-site child care, which can be costly. However, often, employees simply want to know that they don't have to lie about staying home with a sick child.
3. Determine what the company is losing by not dealing with these issues. (For instance: Employees who don't return from maternity leave cost between 75 and 150 percent of their yearly salary to replace.)
4. Select the family-friendly suggestions that are consistent with the company's way of doing things. Estimate what they will cost. For information, call or write the Families and Work Institute, 330 Seventh Avenue, New York, NY 10001; 212-465-2044. Please include a SASE.



Hormel & Co., 1993

TEN COMMANDMENTS FOR WORKING MOMS





1 Don't be afraid to ask for help—from your husband, your kids, your parents, your friends. And especially from other mothers; cultivate them so you have someone to share your worries and your dreams (and, in a pinch, a baby-sitter). No one said you have to do it all. You just think they did.

2 Set priorities. Do what must be done. Really, no one is going to look under your living-room sofa for dustballs, and if they do, you don't want them as a friend anyway.

3 It's okay to say no—to your kids, to your mother and to the vice president of the P.T.A. who calls to ask why you haven't volunteered to man a booth at the spring fair this year (which is conveniently held while you have to be at work).

4 *Let your kids go out wearing clothes that don't match. If your husband has already dressed and fed them (or better yet, if they have done it themselves), do not mention that the orange sweatpants don't go with the purple plaid shirt. Be grateful for small favors.*

5 You can have pancakes for dinner. Or Cheerios. Or even frozen waffles. No one will tell. A balanced diet doesn't mean every single meal you serve has to be a nutritionist's dream. Your kids will grow up just fine.

6 **You are allowed to be selfish. A mom's physical and psychological burdens take their toll. Indulge yourself.**

7 It's perfectly okay to schedule absolutely nothing for your kids to do on the weekend.

8 You don't have to make finger puppets out of paper bags to be a good mother. Ditto for peanut-butter sandwiches that look like dinosaurs and home-baked birthday cakes in the shape of a Thomas the Tank Engine.

9 *Remind yourself over and over again that you would not feel any less guilty if you did not work. Maternal guilt is cosmic. It comes with the territory, striking no matter what you do or where you do it.*

10 ***You are allowed to make mistakes. You may be a mom, but you are also human.***

TALK TO A SUPERSTAR

If your grade-schoolers have not yet discovered Children's Television Workshop's newest show, *Ghostwriter*—created with the mandate to enhance reading and writing skills—tune in now. "Ghostwriter," an invisible character who can communicate only through the written word, leaves clues on everything from a computer screen to a wall of graffiti; viewers can join the show's six stars as they try to solve each week's mystery. They can also enter *Ghostwriter*'s "Talk to a Superstar" Sweepstakes—an incredible chance to interview a celebrity in person! Here's the scoop: On a postcard or in a letter, have kids write down three questions they'd like to ask one of these famous people—Mayim Bialik, the star of *Blossom*, Kadeem Hardison of *A Different World*, athlete Bo Jackson, or Daisy Fuentes, host of MTV Internacional. Send entries along with your complete name and address, age and grade to Talk to a Superstar Sweepstakes, Box 4153, Smithtown, NY 11745, by April 7, 1993. Entrants must be six to twelve years old. The Grand Prize: CTW will send four winners, along with a parent and a friend, to meet the star they've chosen and interview him or her for the Ghostwriter newspaper. Some of the interviews may also appear in a national newspaper or magazine. See page 160 for rules.



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SALLY JESSY

My toughest

In this exclusive interview, she talks about her family tragedies and tells how she's learned to live with heartbreak.

By Myrna Blyth

I am sitting in the audience of the *Sally Jessy Raphaël* show, and a woman is screaming. Face contorted, voice shrill, she is shrieking into the microphone that Sally holds. Her anger is directed at a man who is on Sally's panel of guests. At the beginning of the program, a woman, also on the panel, described how she was seduced into an affair by her psychologist. Then another woman revealed she was sexually abused by her minister when she went to him for marital counseling. But the man on the panel thinks these problems just may be the women's fault. "What about responsibility?" he asks. "What about availability? Didn't you ever hear the little word N-O?" The audience, arranged like spectators in a high school gym, hisses and seethes. Sally climbs up and down the stairs, trim and curvy in a snug red pantsuit and three-and-a-half-inch heels, calmly asking questions, clearing up misunderstandings, encouraging the audience to comment. Throughout the hour, she skillfully blends back and forth the necessary ingredients for a successful talk show: confession and controversy.

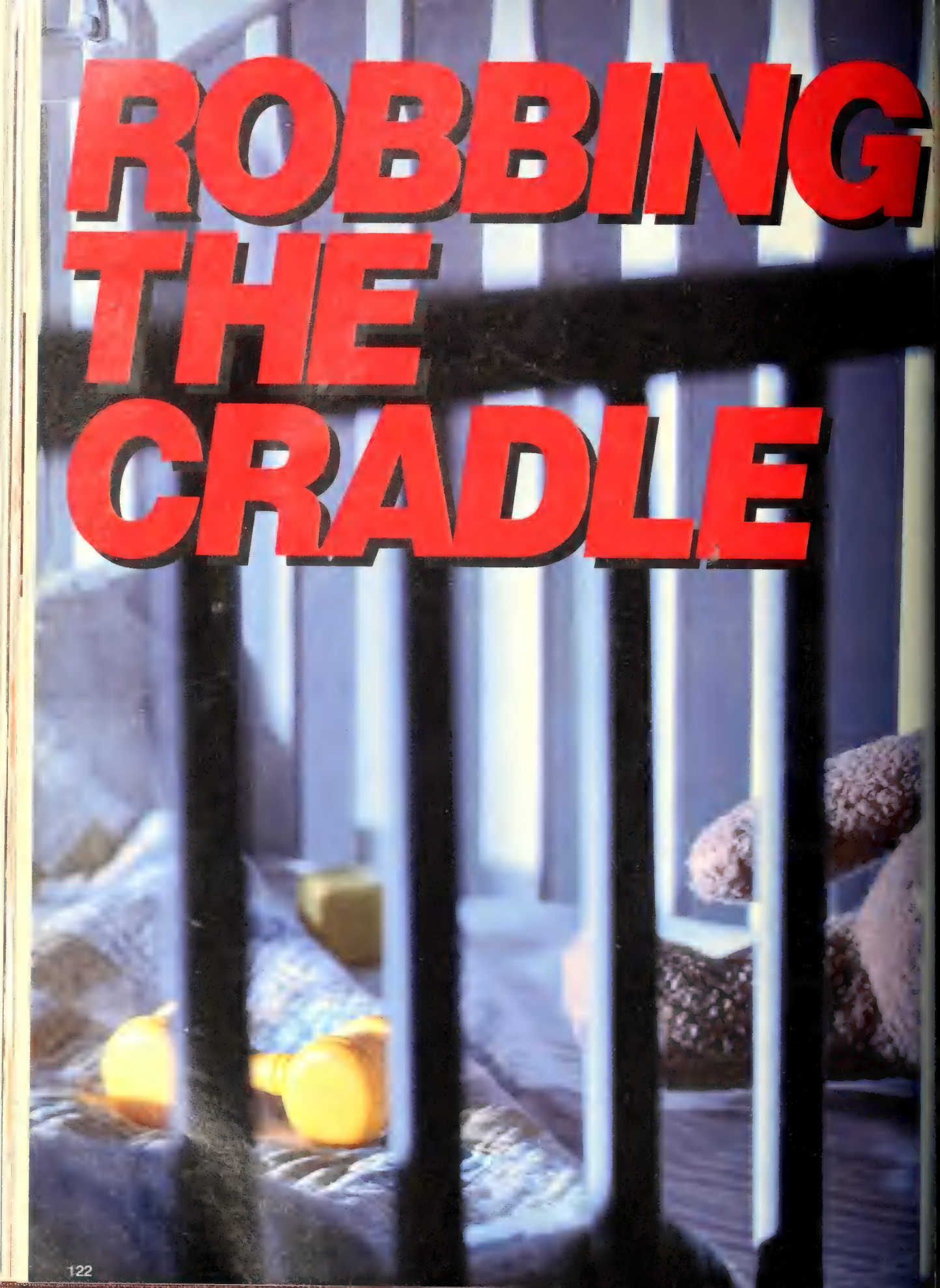
Afterward, in her cozy, newly renovated office, we talk about Sally's special style, which has won her two Emmys—one for Best Talk-Show Host and one for Outstanding Talk Show—and has turned her program, which is celebrating its tenth anniversary this year, into an enormous hit. "I believe you bring on guests and you bring on authority figures, and you let people talk about issues and talk about things that may be silly to them, such as breast size, or very important to them, such as abusive authority figures, and you mix it all up," she says, giving her take on the show's formula for success. "Now, that makes the people who are telling the story and the experts on the subject the stars of the show. And that makes me the moderator, the facilitator. The show is not geared to Sally Jessy Raphaël's personal view of the universe. The show is geared to the topic at hand."

But she is being far

(continued on page 176)


RAPHAEL
year

ROBBING THE CRADLE





"Somebody's stolen my baby!" No mother should ever have to say these horrible words. Yet a new and violent breed of abductor is preying on the most innocent victims of all By Rosalind Wright

Sherry Parker's family had never seen her so excited and happy. On March 19, 1990, Sherry, of Fort Myers, Florida, had given birth to a seven-pound baby girl. Sherry, thirty-three, and her husband, Gary, thirty, named their daughter Julie Lynn, and took her home to join the rest of the family: the six-year-old twins, Jacob and Joshua, and Heather, fourteen, Sherry's daughter from a previous marriage. "More than anything on earth, Sherry loved her children," says her sister, Carol Flint.

Although the sisters lived only a few miles apart, they made it a point to call each other several times a day. "If anything was worrying Sherry," says Carol, "I knew about it." But in the days after Julie's birth, Sherry was full of joyful news: The baby was thriving, and Gary was thrilled. "But

(continued on page 180)

CLINT'S





At the 1857 Martin Family Farmhouse, one of the oldest structures at the Mission Ranch resort, coziness combines with a rustic feeling in the sitting room, where guests can put their feet up before hitting the hay

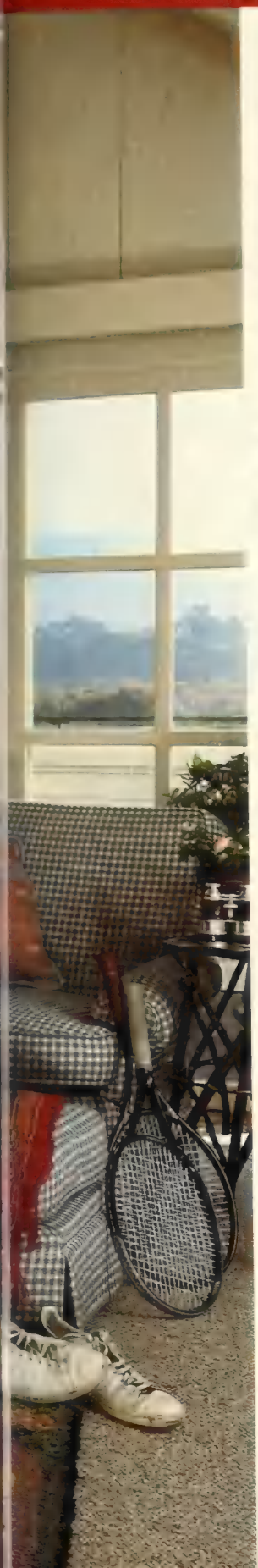
MISSION



The Wild West has won the hearts of American designers, making the frontier look today's hottest trend in home decorating. Here, Clint Eastwood, the ultimate cowboy, takes us to the Mission Ranch, his favorite home on the range. By Leslie Lampert, Lifestyle Editor


"This place is home to me," says Clint.

ve coming back here to relax and unwind."



America's favorite silver-screen cowboy has worked hard to preserve the flavor of the western frontier—both on camera and off. As Josie Wales, The Man With No Name, Bronco Billy, and William Munny from his most recent film, *Unforgiven*, Clint Eastwood has helped catapult cowboy style to top status. And now, his signature rugged-rancher look—characterized by worn-in leathers, faded fabrics and early American patterns—has made its way into classic home furnishings.

So when Clint bought the nineteenth-century Mission Ranch resort, in Carmel California, in 1987 to save it from being carved into condominiums, he called upon his longtime friend, Edgar Broyhill, of Edgar B Furniture, to design the new Mission Ranch Collection, now available to consumers.

"This new furniture series was created as a symbol of the country's passion for the American frontier," says Ed Broyhill, founder of his pioneer discount mail-order company, which includes sofas, chairs, tables, curios and entertainment centers that combine tradition with present-day comfort and craftsmanship.

"I adopted Carmel as my home back when I was in the army," says Clint, "and I bought the Mission Ranch because I wanted to preserve the history here." And, indeed, the ex-mayor of Carmel made everyone's day by saving the site.

While the Mission Ranch (named for the adjacent 1771 Mission San Carlos Borromeo de Carmelo) began as a working dairy farm, the original Scottish owners also provided lodging for travelers in the late 1800s. And since then, the ranch has been a getaway for those seeking rest and repose in this tranquil spot, nestled between the Pacific Ocean and the Santa Lucia mountains.

Now, since the resort reopened last June under Clint's ownership, travelers from all over the world come to the ranch for a respite from twentieth-century stress and to relish the frontier feeling.

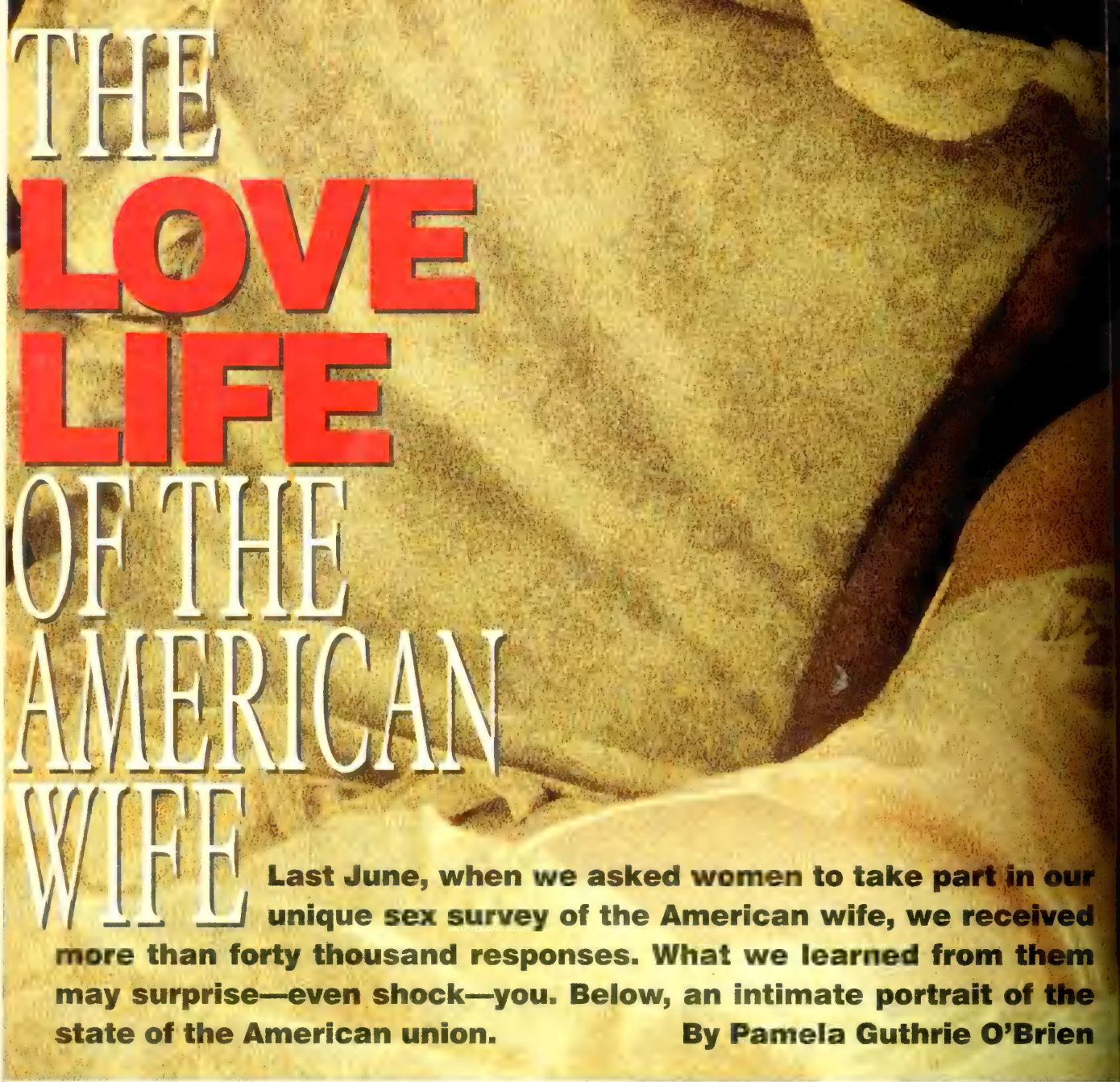
Best of the West

Why not try a little ranch dressing in your own house? Below are easy tips for creating the cowboy look.

- Use land-inspired colors such as terra-cotta, sky blue, desert brown and sage green.
- Choose rough, highly textured surfaces for tables and accessories, including natural bark, rock and sand; squishy suede and leather chairs and sofas; faded-looking upholstery fabrics.
- Display Navajo and serape blankets (stacked on an old trunk, or as wall hangings); Native American pottery and artifacts; wood sculptures; skull, antler and animal-skin accessories.
- For the floors: natural wood planking; cow-hide and kilim rugs, straw mats.
- Shop flea markets for rope-trimmed pillows; old, fringed chairs or blankets; worn-looking benches, footstools and end tables; twig and log table lamps; beaded storage bags, and anything buckskin.
- Bring a room alive with cactus plants, wildflowers; tall grasses; cattails.
- Finally, remember comfort is key to the cowboy look, so make sure there's a place to kick off your boots at your own corral.



Edgar B's Mission Ranch Collection of comfortable leather, upholstered and wood furnishings, inspired by the era of the Golden West, is available through the new Mission Ranch Collection Catalog (800-225-6589). At right, guests enjoy the view from The Restaurant At Mission Ranch



THE LOVE LIFE OF THE AMERICAN WIFE

Last June, when we asked women to take part in our unique sex survey of the American wife, we received more than forty thousand responses. What we learned from them may surprise—even shock—you. Below, an intimate portrait of the state of the American union.

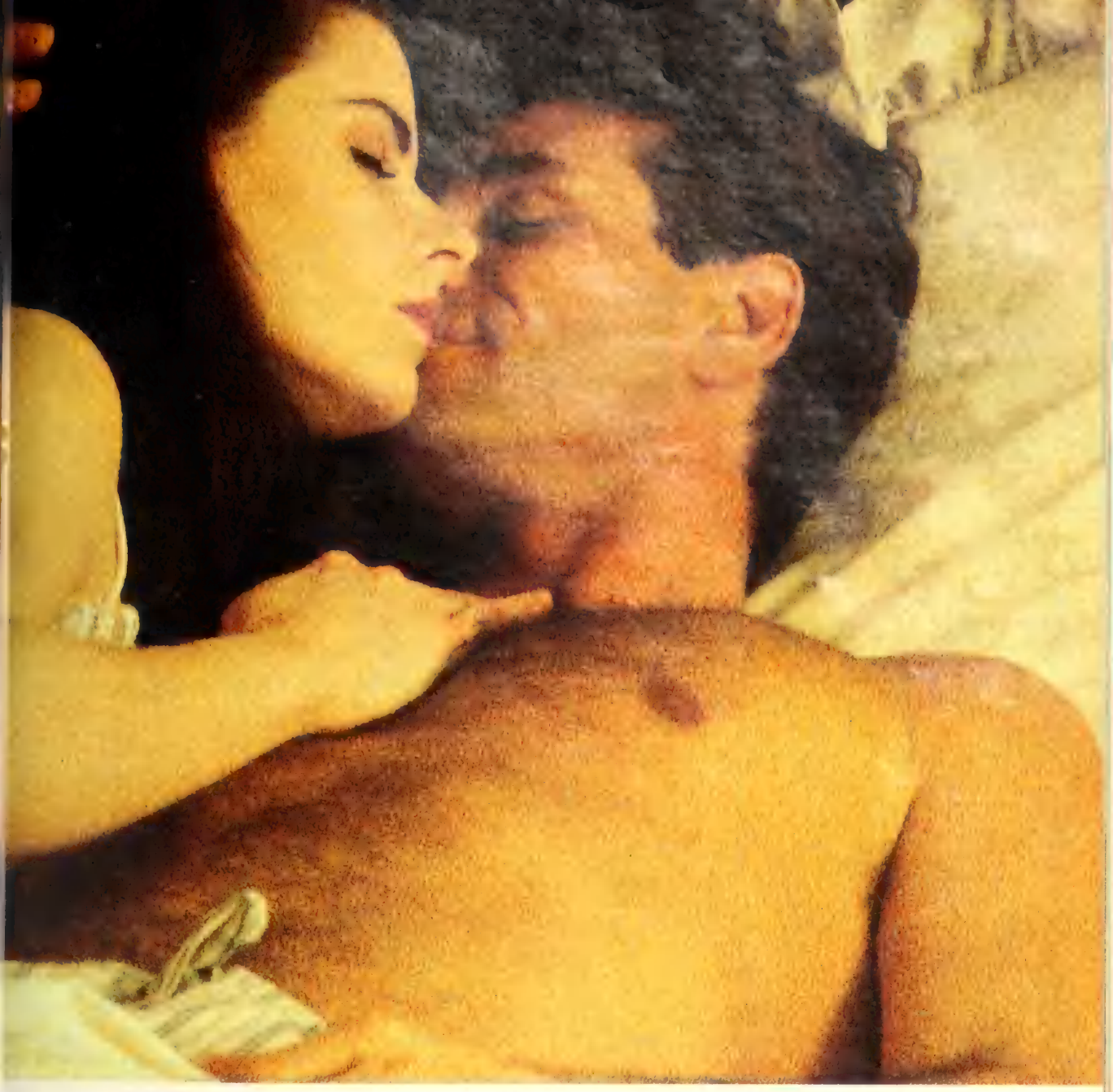
By Pamela Guthrie O'Brien

In 1982, *Ladies' Home Journal* conducted the first-ever sex survey of wives only. Tens of thousands of readers responded, giving us a candid look at marital sex in all its joy and complexity. Now, in our new survey, we've discovered that there have been some significant and surprising changes in the average couple's sex life since the 1982 poll. Today, our findings show, married sex is freer and more spontaneous—but also more frustrating—than it used to be. One of the most common complaints: There's just not enough time for making love. And when couples do manage to find the time, they're likely to suffer performance problems. A majority of women want to change, in some way, how their husbands relate to them sexually, and nearly half of all wives say that they themselves occasionally have difficulty reaching orgasm. Furthermore, a substantial number of women (almost thirty percent) worry about contracting AIDS—something we didn't even ask about in our previous survey.

But while there are undoubtedly some problems behind the bedroom door, we discovered that women are also more adventurous and sensuous than their counterparts of ten years ago. Almost half of the wives in our survey use erotic aids, including X-rated videos and sex toys, with their husbands. (Not surprisingly, these respondents say they're *extremely* satisfied with their spouse's performance in the bedroom!) Still other women report that they've been unfaithful—and many of them don't feel the least bit guilty about it.

Among the survey's other findings:

- Eighty percent of the respondents enjoy making



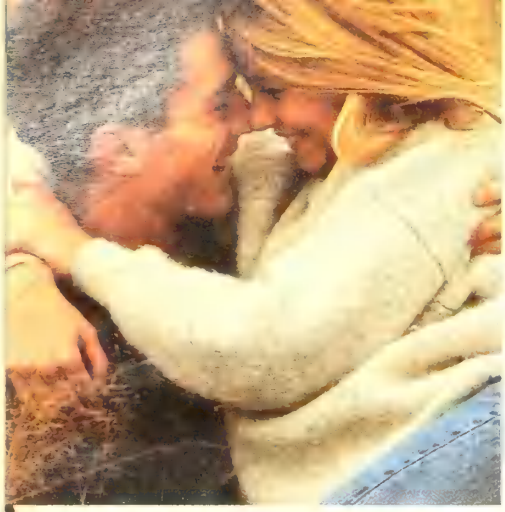
love outside the bedroom. Popular places for passion include the living room (58 percent), outdoors (24 percent) and even in the car (23 percent).

● Wives today are more likely to give in to spontaneous desire: Sixty-four percent say they surrender to passion early in the evening when the urge strikes, compared to 60 percent in 1982. Other wives say they leave a party early to make love, or even call in late for work so they can have a sexy morning with their husbands.

● Yet almost three quarters of working women say they don't have enough time for sex. As a result, the intimate moments they share with their mates have decreased significantly: Today, 36 percent report that they make love with their husbands three to five times a week; in 1982, 47 percent did.

● Nevertheless, 75 percent of wives say their marriages are romantic—the same number as in the 1982 survey—and more women (56 percent, versus 35 percent 1982) report that their husbands send them flowers and write them love notes. Thirty-seven percent of current respondents also find their husbands even more physically attractive than when they first met (52 percent say he's as attractive as he was years ago).

Turn the page for more fascinating answers from our respondents, as well as a report on three intriguing groups of wives who wrote to us—the frustrated, the unfaithful and the sexiest.



THE MOST SEXUALLY SATISFIED WIVES

Can a couple be married for years and still have a passionate relationship? Absolutely, say LHJ wives. As one woman wrote, "Making love is one of the best things that I share with my husband—it's great!" In fact, one third report that married sex is even *better* than they had ever imagined. What's the secret? We discovered that there was a group of highly eroticized women who made love more often than other respondents and who said they had great skill in the bedroom. What's so special about our survey's sexiest wives?

- They make love with their husband three to five times a week.
- They rate themselves and their husband as good or excellent lovers.
- They consider intercourse the best thing about sex.
- They almost always reach orgasm—usually through intercourse or oral sex.
- They enjoy making love in places other than the bedroom, such as the tub or shower, outdoors, in the car.
- They use erotic materials—videos/movies, sex toys and sexy magazines—to heighten lovemaking with their partner.
- They give in to spontaneous desire, making love when the urge strikes.

WHAT YOU TOLD US

How often do you and your husband make love?
While 5 percent say once a day or more, and 2 percent say never, most couples fall somewhere in between. Thirty-six percent say they make love three to five times a week, 28 percent once a week, 19 percent two to three times a month and 12 percent once a month or less.

What do you like best about sex?
Intercourse, say 39 percent. Hugs and kisses was the second most popular choice, garnering 37 percent of the vote, while 30 percent said they liked manual stimulation best, and 25 percent chose oral sex.

Do you wish you made love more often?
Although more than half of all wives are satisfied with the frequency of lovemaking with their husbands, 42 percent say they wished they made love even more. Only 4 percent wanted less intimacy in the bedroom.



How good a lover is your husband?
He's good or excellent, say 74 percent. Twenty-three percent rate their man as average or passable, and only 3 percent say his performance is poor.

How good a lover are you?
Forty percent of wives rate themselves as good in bed; 21 percent say excellent. Twenty-nine percent think they're average or passable lovers, and the rest say "poor" or "don't know."

Is your marriage still romantic?
Yes, say three quarters of all wives. How do they keep things so loving? Forty-five percent cook their husband's favorite foods, 37 percent call him during the day to say "I love you," and 31 percent write him love notes. And their husbands are just as romantic. Forty-four percent call their wives during the day to say "I love you," 33 percent bring her flowers, and 23 percent write love notes.

Do you fantasize while making love?
Wives are split on this issue. While 52 percent say they fantasize at least sometimes (17 percent always or frequently do), 48 percent say they rarely or never do. *(continued)*

Note: In some cases, respondents chose more than one answer.

THE MOST FRUSTRATED WIVES

The women who are unhappiest in the bedroom report that they make love only four times a month (compared to an average of nine times a month for all other respondents), and are most likely to say they've gone more than thirty days without having sex at all. They'd like more passion in their lives, though: Sixty-four percent of these women wish they could make love with their husbands more frequently.

Why do these dissatisfied wives devote so little time to intimacy? Prowess in the bedroom seems to be a key factor. These women tend to rate themselves and their husbands as passable or poor lovers; they also report that their partners have difficulty getting or maintaining an erection. And when these couples do make love, the wives are likely to fantasize (usually about another man), and to fake orgasm.

Saucy Asparagus

EP TIME: 10 MIN. **COOK TIME: 15 MIN.**

an (10 3/4 oz.) ampbell's® NEW ream of Asparagus Soup sp. milk

2 pkg. (10 oz. *each*) frozen asparagus cuts *or* 1 1/2 lb. fresh asparagus spears (about 24 to 30), trimmed and cut into 1" pieces

In 2-qt. saucepan over medium heat, combine soup and milk. Heat to boiling, stirring often.

Add asparagus. Cover; cook over low heat 10 min. or until asparagus is tender, stirring occasionally. Serve with grated Parmesan cheese if desired. 8 servings.





Crispy Chicken with Asparagus Sauce

PREP TIME: 10 MIN. **COOK TIME: 20 MIN.**

4 skinless, boneless chicken breast halves *or* 8 boneless chicken thighs
1 egg *or* 2 egg whites, beaten
1/2 cup dry bread crumbs
2 tbsp. vegetable oil
1 can (10 3/4 oz.) Campbell's® NEW Cream of Asparagus Soup
1/3 cup *each* milk *and* water
Hot cooked rice with chopped parsley

1. In pie plate, dip chicken into egg; coat with bread crumbs.
2. In skillet, in hot oil, cook chicken 15 min. or until browned on both sides and no longer pink. Remove; keep warm.
3. In same skillet over low heat, combine soup, milk and water. Heat through, stirring occasionally. Spoon soup mixture over chicken. Serve with rice. 4 servings.

Introducing Campbell's Cream of Asparagus Soup.



Mm! Mm! Good!

Campbell Soup Company

THE UNFAITHFUL WIVES

A growing number of married women seem to be finding sexual satisfaction in the arms of another man. Today, 26 percent of respondents admit that they've cheated on their husbands, compared to 21 percent in our survey ten years ago. And 78 percent of those who say they've been unfaithful in the past are involved with *another* man now.

Why has the rate of infidelity increased? Many experts say that since more women are in the workplace, they have greater opportunities to meet men. Others say that women are becoming more like their male counterparts: They want and expect sexual satisfaction, and they'll turn elsewhere if they can't get it at home.



The findings of our survey back up both theories. Wives who have been unfaithful are more likely to report being dissatisfied with their marriages and to rate their husbands as poor lovers. Writes one woman, "Sex [with my husband] is more of an obligation. My affair was spontaneous and made me feel good." Thirty-three percent of those who cheat did meet the other man at work. But most telling of all: Sixty percent say their affairs are more exciting than marital sex.

How does infidelity affect a woman's marriage? Surprisingly, 47 percent of wives say it's had a positive physical or emotional effect on their relationship with their husband. Fifty-two percent admit feeling guilty about cheating—but apparently not guilty enough to stop.



(continued) **What do you fantasize about?**
Sixty percent say they imagine making love to another man, while 28 percent fantasize about being overpowered by their spouse. The other answers: being overpowered by another man, 14 percent; having group sex, 14 percent; making love to another woman, 12 percent; making love to a male celebrity, 12 percent; being dominant in bed, 9 percent.

What usually brings you to orgasm?
It's a virtual tie between manual stimulation—44 percent—and intercourse—43 percent. Another 29 percent of wives say oral sex.

Do you ever fail to reach orgasm?
Sometimes, say 83 percent; 46 percent of them frequently or occasionally fail to. Four percent report that they never have an orgasm..

Do you ever fake orgasm?
Forty-six percent say they do. But only 8 percent fake it frequently or always.

What won't you do in bed?
Eighty-nine percent say anal sex is the one thing they won't do. Twelve percent won't perform oral sex, while 6 percent won't let him perform oral sex on them. Two percent say bondage or group sex.

Do you ever use erotic or pornographic material to heighten lovemaking?
Yes, at least occasionally, say 47 percent. Erotic videos/movies are the most popular choice, with 84 percent of the vote. Thirty-nine percent of wives who use erotic aids say they and their husbands use sex toys, and 34 percent choose sexy magazines.

If you could change the way your husband relates to you sexually, what would you want?
Husbands take note: What wives want most is more passion (34 percent) and more tenderness (33 percent). Another 16 percent wish their man had more skill, while 15 percent chose more aggression and 11 percent long for more experimentation. But 39 percent don't want to change him a bit.

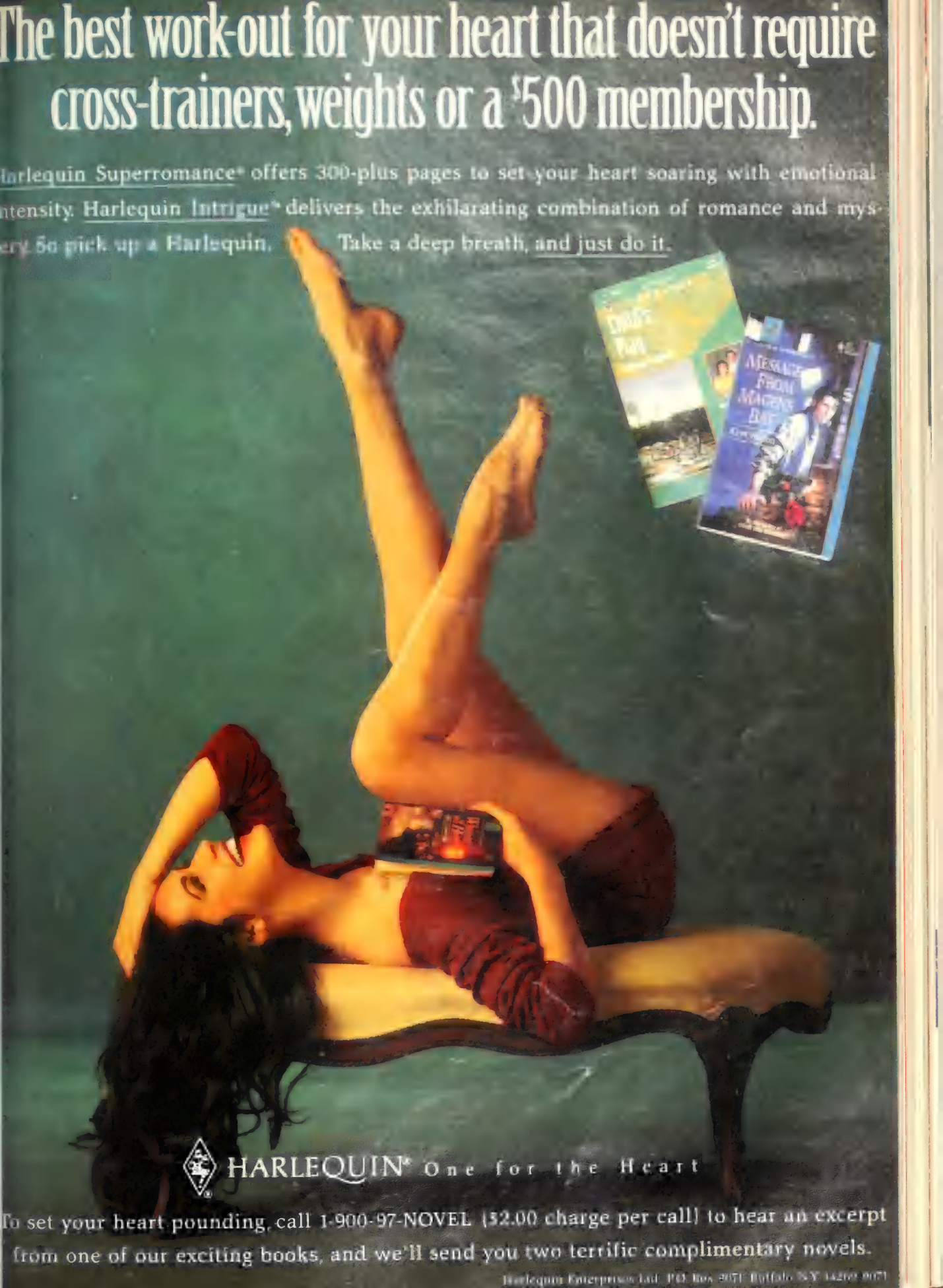
If you and your husband could no longer have a sexual relationship, but everything else in your marriage stayed the same, how much would the lack of lovemaking matter to you?
A lot, say 55 percent, although they think they could stand it, but 11 percent would find it unbearable. Only 35 percent reported that it wouldn't matter that much or at all. ■

WHO IS THE LHJ WIFE?

- **Her average age is 37.**
- **She's been married an average of 13.5 years.**
- **This is her first marriage (71 percent).**
- **She has, on average, 2 children.**
- **Her median household income is almost $50,000.**
- **She lives in the suburbs (36 percent).**
- **She works outside the home (48 percent full-time; 19 percent part-time).**
- **She has attended college (69 percent).**

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BODY BASICS

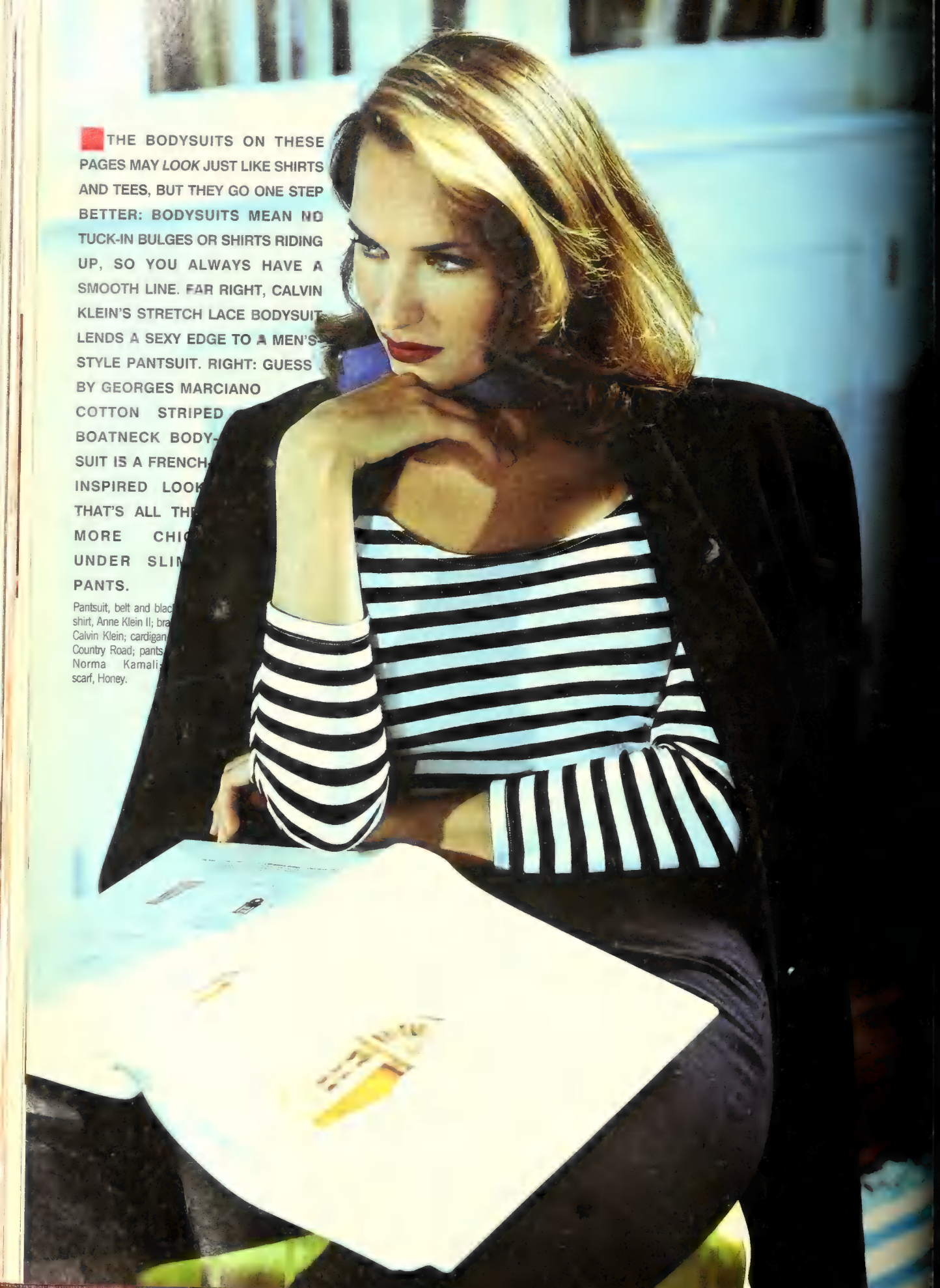


Sleek, sexy and the ultimate in comfort, bodysuits have become wardrobe essentials. Simply perfect with pants—this season's uniform—they're the newest, most worthwhile element of style



TOP AMERICAN DESIGNER DONNA KARAN IS CREDITED WITH STARTING THE BODYSUIT TREND—IN FACT, SHE BASES HER COLLECTIONS AROUND THEM. ON THESE PAGES, TWO OF OUR FAVORITES FROM KARAN'S DKNY LINE: FAR LEFT, AN IVORY SILK BODYSUIT LOOKS CRISP UNDER A NAVY PANTSUIT. THE MANDARIN COLLAR MAKES IT NEWSY. LEFT: DKNY'S COTTON RIBBED CAMISOLE BODYSUIT IS THE BEST UNDER-EVERYTHING BASE FOR LAYERED WEEKEND CLOTHES. THE LACE TRIM ADDS A FEMININE TOUCH TO JEANS AND SWEATERS.

Photos, Mark Bugzester; hair, Maury Hopson for Louis Licari; makeup, Linda Mason for Linda Mason Elements. Navy pantsuit, DKNY; cardigan and jeans, A Line Anne Klein; belt, Polo. Model, Nicole Peters of Men/Women.

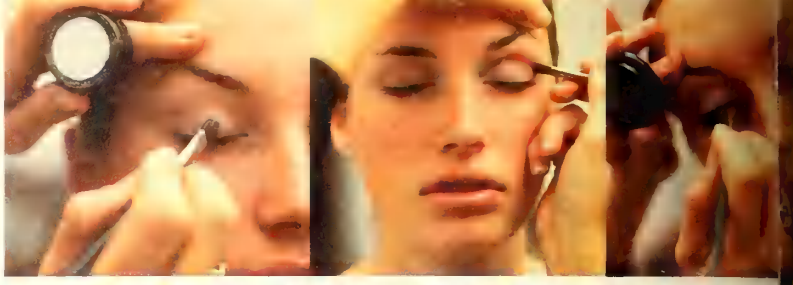


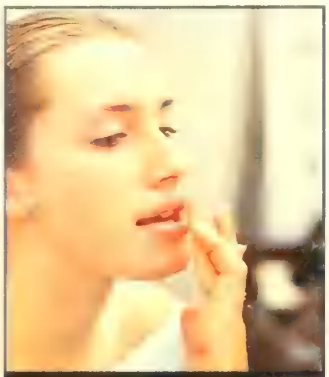
THE BODYSUITS ON THESE PAGES MAY *LOOK* JUST LIKE SHIRTS AND TEES, BUT THEY GO ONE STEP BETTER: BODYSUITS MEAN NO TUCK-IN BULGES OR SHIRTS RIDING UP, SO YOU ALWAYS HAVE A SMOOTH LINE. FAR RIGHT, CALVIN KLEIN'S STRETCH LACE BODYSUIT LENDS A SEXY EDGE TO A MEN'S-STYLE PANTSUIT. RIGHT: GUESS BY GEORGES MARCIANO COTTON STRIPED BOATNECK BODYSUIT IS A FRENCH-INSPIRED LOOK THAT'S ALL TH MORE CHI UNDER SLI PANTS.

Pantsuit, belt and blac shirt, Anne Klein II; bra Calvin Klein; cardigan Country Road; pants Norma Kamali scarf, Honey.



THE $300 MAKEUP LESSON









New York beauty pro Lydia Snyder (who taught Madonna and Cindy Crawford how to look their best) shares her tricks of the trade

By Lois Joy Johnson, Beauty and Fashion Director

STEP 1

The prep steps: Brush brows up to check regrowth and strays. Pluck strays with an ouchless angled-tip tweezer. Apply moisturizer to a water-moistened makeup sponge and smooth on face. The sponge absorbs any excess. Then coat lips with Blistex and let moisturizer and lip balm sink in while you do your eyes.

STEP 2

Eye base: To give the eye a much cleaner finish and help makeup last longer, I do a two-step eye base. Using your moisturizer sponge, apply a same-as-skin-tone cream concealer from the lash line up (M.A.C. tv Touch Concealer in Natural Beige is my standby—I use it for nearly everyone). Then blend a vanilla powder over the cream to seal it.

STEP 3

The eyes: First I brush a wash of "extended-neutral" shadow across the lid, widening it toward the outer eye to open the eye (here I used a light blue-gray M.A.C. Mod shadow). Then I do the crease, blending out with rosewood or brick shadow to give the eye a slightly more sculpted look. I line the eyes with a deeper shadow to add drama. I used navy, but a plum or deep green would be flattering, too. Using an angled, flat eye brush automatically gives an even application. If you're doing it right, more than half the color is deposited on the lashes.

STEP 4

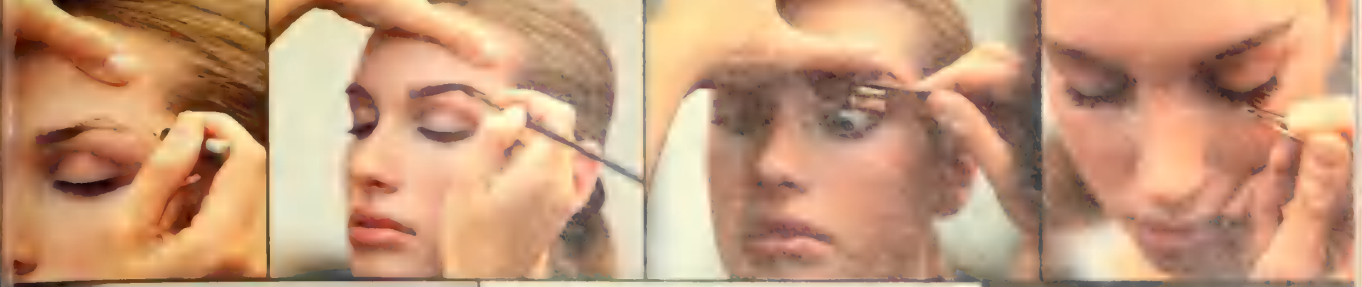
Foundation: Apply foundation with the same sponge (the water and moisturizer help dilute it). I prefer Prescriptives Allskins Foundations—their color range is best. I usually use the Exact Color Makeup I in the bottle, but if skin needs more coverage, I use the Soft Matte Makeup in the tube. Prescriptives is pricey, but a little goes a long way. This should be your primary splurge.

STEP 5

Blush: I use two blushers: a beige base blush (either Yves Saint Laurent *(continued)*

LYDIA'S BARGAIN BASICS

1. Keri Lotion Original Formula. Great for all skin types. 11 oz. bottle, $6.09. **2.** Drugstore makeup sponges. I use them for everything. Look for Wonder Wedges, $2.49. **3.** Pond's Cold Cream. The ideal makeup remover. 6.1 oz. jar, $5.39. **4.** Maybelline Great Lash Mascara in Black. It has a luster like real hair, $4.45. **5.** Blistex Lip Medex. A great pre-lipstick softener, $.99.





love
xtended-
eutrals—
hadows like
osewood
nd moss that
nake eyes
ook fresh."

PRO-QUALITY PRODUCTS

At long last, mainstream cosmetics companies are developing products that makeup artists have requested for years. What's worth buying? *Yellow-tone foundations and powders* Most bases and powders are pink-toned, but most women have warm yellow undertones in their skin. Look for foundations by Prescriptives, L'Oréal, Cover Girl, Lancôme and Christian Dior. *Matte everything* Foundation, shadows, blush and lipsticks should all be matte. These formulas won't emphasize imperfections. *Lip pencils* Never wear lipstick without one. You want lip-tone pencils. *Neutral makeup shades* Count on brown lipsticks, beigy blushers and vanilla shadows.

(continued) Powder Foundation in a shade darker than skin tone or Chanel Powder Blush in Tempting Beige), then a really intense shade of pink, reddish-orange or even red blended over it, keeping the color high on the cheek. This duo-blush trick makes skin appear to glow from within. I like Lancôme Blush Majeur Brush-On Creme Cheekcolour in Red and M.A.C. Blush in Coral Fire and Pink Glow. I blend the color up and around the eye onto the temples so you don't end up with two rosy circles.

STEP 6

Brows: I use both a pencil and a powder—a pencil to draw and perfect the shape, and a powder to blend the pencil and fill in sparse spots. The two don't have to match, but they should be in the same color group. Choose shades that match your brow or that are slightly darker.



STEP 7

Powder: Shiseido velour powder puffs are the best for application. They're washable and last forever. I think a puff gives a more natural finish than a brush. I dip the puff in the powder and clap it against my other hand to remove the excess. I like M.A.C. face powder and Coty Airspun Loose Face Powder.

STEP 8

Lashes: An eyelash curler makes all the difference. It adds a lift to the eye and takes away the shadow that straight lashes cast, which tends to give eyes a droopy look. Curl lashes, then place the mascara wand at the very base of lashes and wiggle it up toward the tips. Use a lash comb immediately to separate clumps. Blot wand on a tissue before doing bottom lashes. If lower lashes are skimpy, skip mascara and line base of lashes with a soft matte shadow. Apply false lashes.

STEP 9

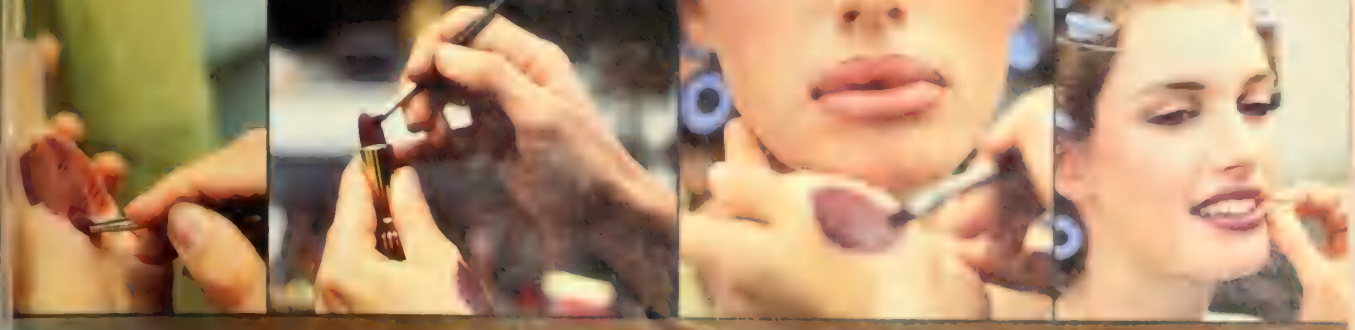
Lips: A matte brownish-raisin color is the new neutral lip. It's glamorous but earthy, and you can modify it by mixing in with other shades. A brush gives you more precise application. Begin by lining at the V of top lip—this determines your expression. When you apply color, be sure to blend the liner with the lip color. Blot lips on the sponge.

"False lashes give the eye an instant lift. I use Elite ($1.99 for sixty sections) and apply four sections per eye."



Lydia Snyder's Pro Makeup Kit





Evaluate your face daily before applying makeup. If you're tired, compensate with sheerer makeup, extra moisturizer

THINGS TO SPLURGE ON

"Every makeup kit needs five basic lipsticks: a matte red, a brown, a plum, a light beige and a sheer pale peach or pink. From these, the mix of shades is endless. I mix by using my lip brush to take a dab of this color and a dab of that—blending on the pad of my thumb until I get the perfect shade."


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Whether you're baking for two or for a whole boatload, try I Can't Believe It's Not Butter! It's flavored with sweet cream buttermilk for a fresh butter taste, yet this spread has no cholesterol. So enjoy!
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FOOD JOURNAL

QUICK COMFORT
OUR FAST-BAKING BREADS AND MUFFINS ARE THE PERFECT ANTIDOTE TO WINTRY DAYS

HEARTY WINTER MEALS SOUPS, STEWS AND POTPIES
NEW VERSIONS OF OLD-TIME TASTES THAT ARE SO INVITING, THEY'RE SURE TO SATISFY THE WHOLE GANG



OUR FAVORITE CHOCOLATE DESSERTS
WE SEARCHED THROUGH YEARS OF JOURNAL RECIPES AND SELECTED THE VERY BEST BROWNIES, CAKES AND TREATS



WHEN TEMPERATURES PLUNGE, TAKE THE CHILL OFF WITH OUR TEMPTING ARRAY OF SWEET AND SAVORY MUFFINS, BISCUITS AND BREADS: THEY'RE PERFECT FOR STARTING OFF WINTER MORNINGS OR PERKING UP ANY MEAL, ANYTIME. EVEN IF YOU'RE A FIRST-TIME BAKER, IT'S EASY TO TURN OUT A BASKETFUL OF FRESH-FROM-THE-OVEN TREATS IN ABOUT THIRTY MINUTES

Quick comfort



ckwise from left: Irish Soda
let Bread, Whole Wheat
overs, basket of assorted
fins; right, plate of Pepper-
k Biscuits, Buttermilk-Bran
cuits, Beer Bread; Blueberry-
non Squares, Herb Biscuits,
awberry Surprise Scones

○ Easy ● Challenging ▼ Low-fat
● Moderate Ⓜ Microwave ▽ Low-calorie

DOUBLE-CORN MUFFINS

Vegetable oil can be substituted for the butter or margarine. However, butter makes these muffins taste scrumptiously like corn on the cob.
Prep time: 10 minutes ○
Baking time: 20 minutes

1 cup all-purpose flour
1 cup yellow cornmeal
1/4 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
1/8 teaspoon ground red pepper
1 cup milk
1/4 cup butter or margarine, melted
1 large egg
1 can (8 3/4 oz.) corn, drained

Preheat oven to 425°F. Grease 12 muffin-pan cups. In large bowl, combine flour, cornmeal, sugar, baking powder, salt and red pepper. In medium bowl, whisk milk, butter and egg. Stir into dry ingredients just until combined. Stir in corn. Spoon into prepared pans. Bake 20 minutes. Unmold and serve warm. Makes 1 dozen.

Per muffin or wedge		Daily goal
Calories	175	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	33 mg	300 mg or less
Sodium	318 mg	2,400 mg or less
Carbohydrates	26 g	250 g or more
Protein	4 g	55 g to 90 g

IRISH SODA SKILLET BREAD

When you bake this caraway-currant bread in a skillet, it's ready in half the time. A tip from our friend Kathleen Lee: For moist soda bread, combine the currants with the liquid ingredients and let stand while measuring the dry ingredients.
Prep time: 10 minutes ○
Baking time: 20 minutes

1/4 cup plus 1 teaspoon butter, melted
1 cup buttermilk
1 large egg, beaten
1/2 cup currants or raisins
2 cups all-purpose flour
1/4 cup sugar
2 teaspoons baking powder
1 teaspoon caraway seeds
1/2 teaspoon baking soda
1/2 teaspoon salt

Preheat oven to 425°F. Place 1 teaspoon butter in 10-inch cast-iron skillet and heat in oven 5 minutes.

Meanwhile, in medium bowl, whisk remaining 1/4 cup melted butter, buttermilk, egg and currants. In large bowl, combine flour, sugar, baking powder, caraway seeds, baking soda and salt. Stir buttermilk mixture into dry ingredients until just combined. Remove skillet from oven and swirl to coat with butter. Spread batter evenly in skillet. Bake 20 minutes. Cut into wedges. Makes 8 servings.

Per wedge		Daily goal
Calories	240	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	45 mg	300 mg or less
Sodium	399 mg	2,400 mg or less
Carbohydrates	39 g	250 g or more
Protein	5 g	55 g to 90 g

CARROT MUFFINS

Think of these as little carrot cakes and you've got the delicious idea.
Prep time: 15 minutes ○
Baking time: 20 minutes

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 cup shredded carrots
1 large egg, beaten
1/2 cup milk
1/4 cup vegetable oil
1/2 cup sugar
1/2 cup raisins

Preheat oven to 425°F. Grease 12 muffin-pan cups. In large bowl, combine flour, baking powder, baking soda, salt and cinnamon. In medium bowl, whisk carrots, egg, milk, oil, sugar and raisins. Stir into dry ingredients until just combined. Spoon into prepared muffin pans. Bake 20 minutes. Unmold and cool on wire rack. Makes 1 dozen.

Per muffin		Daily goal
Calories	190	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	21 mg	300 mg or less
Sodium	220 mg	2,400 mg or less
Carbohydrates	30 g	250 g or more
Protein	3 g	55 g to 90 g

MINI CHOCOLATE-CHIP MUFFINS

These baby-size treats are great for little fingers. You can make a grown-up version of this recipe: Using regular chocolate chips, make twelve in a standard muffin pan, and bake 5 minutes more.
Prep time: 10 minutes ○
Baking time: 18 minutes

2 cups all-purpose flour
1/3 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 cup milk
1/4 cup butter or margarine, melted
1 large egg
1 teaspoon vanilla extract
1/2 cup miniature chocolate chips

Preheat oven to 425°F. Grease 24 miniature muffin-pan cups. In large bowl, combine flour, sugar, baking powder and salt. In medium bowl, whisk milk, butter, egg and vanilla. Stir into dry ingredients just until moistened. Fold in chocolate chips. Spoon into prepared pans. Bake 18 minutes or until just golden. Unmold and cool on wire racks. Makes 2 dozen.

Per muffin		Daily goal
Calories	100	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	19 mg	300 mg or less
Sodium	138 mg	2,400 mg or less
Carbohydrates	13 g	250 g or more
Protein	2 g	55 g to 90 g

PUMPKIN MUFFINS

These muffins (as well as all of our others) freeze beautifully. Wrap well and freeze up to one month. Thaw at room temperature or, for a bit of warmth, thaw each one in the microwave on High for 10 seconds.
Prep time: 15 minutes ○
Baking time: 20 minutes

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3/4 teaspoon pumpkin-pie spice
1 cup canned pumpkin
1/2 cup sugar
1/3 cup milk
1/4 cup vegetable oil
1 large egg
1/2 teaspoon grated orange peel
1/2 cup raisins

Preheat oven to 425°F. Grease 12 mu... pan cups. In large bowl, combine f... baking powder, baking soda, salt and... spice. In medium bowl, whisk pump... sugar, milk, oil, egg, orange peel ... raisins until smooth. Stir into dry ing... ents just until combined. Spoon into ... pared pans. Bake 20 minutes. Unm... and cool on wire rack. Makes 1 dozen.

Per muffin		Daily goal
Calories	190	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or le...
Saturated fat	1 g	20 g or less (F); 23 g or le...
Cholesterol	21 mg	300 mg or less
Sodium	216 mg	2,400 mg or less
Carbohydrates	31 g	250 g or more
Protein	3 g	55 g to 90 g

BLUEBERRY-LEMON SQUARES

This sweet bread makes breakfast a ... treat, but it can also double as dess... Serve warm with a dollop of sweete... whipped cream.
Prep time: 15 minutes
Baking time: 20 minutes

2 cups all-purpose flour
1/2 cup plus 1 tablespoon sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 cup fresh or frozen blueberries (do n... thaw)
1 cup milk
1/4 cup butter or margarine, melted
1 large egg
1/2 teaspoon grated lemon peel

Preheat oven to 425°F. Grease 13x9-i... baking pan. In medium bowl, stir flour, ... cup sugar and the baking powder ... salt. Add blueberries and toss to coat... medium bowl, whisk milk, butter, egg ... lemon peel. Stir into dry ingredients ... just combined. Spread in prepared p... Sprinkle with remaining 1 tablespoon s... ar. Bake 20 minutes. Cut into *(continu...*

Now you can cut fat
out of your breakfast without cutting
the words rich, creamy, luscious,
smoo[illegible]ering,
exqu[illegible]ous,
n[illegible]l,



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Quick comfort

continued

3-inch squares. Makes 1 dozen.

Per square		Daily goal
Calories	175	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	32 mg	300 mg or less
Sodium	260 mg	2,400 mg or less
Carbohydrates	28 g	250 g or more
Protein	3 g	55 g to 90 g

WHOLE WHEAT POPOVERS

These must be served piping hot. They're equally great for passing at the dinner table, spreading with jam at teatime or munching at a casual Sunday brunch.
Prep time: 7 to 9 minutes
Baking time: 25 minutes

2 large eggs
1 cup milk
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1 tablespoon butter or margarine, melted
1/2 teaspoon salt

Preheat oven to 450°F. Generously grease 12 muffin-pan cups. Place in oven to heat 2 minutes. Meanwhile, combine eggs, milk, flours, melted butter and salt in blender. Blend just until smooth, scraping sides as needed. Pour into hot muffin-pan cups. Bake 25 minutes. Remove from pan and serve immediately. Makes 1 dozen.

Per large popover		Daily goal
Calories	85	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	46 mg	300 mg or less
Sodium	141 mg	2,400 mg or less
Carbohydrates	9 g	250 g or more
Protein	3 g	55 g to 90 g

BEER BREAD

Fastest recipe of the month *These mini loaves go perfectly with a bowl of chili or a hearty soup. You can make and bake 'em while the chili warms up.*
Prep time: 7 to 8 minutes
Baking time: 20 to 25 minutes

2 cups self-rising flour
2 tablespoons sugar
1/2 teaspoon salt (optional)
1 cup beer
1/4 cup butter or margarine, melted

Preheat oven to 425°F. Grease six 1-cup loaf pans. In large bowl, combine flour, sugar and salt. Add beer and butter; stir just until combined. Spoon evenly into prepared pans. Bake 20 to 25 minutes, until edges are golden. Unmold and cool on wire rack. Cut each loaf in half. Makes 6 loaves.

Per half loaf		Daily goal
Calories	140	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	15 mg	300 mg or less
Sodium	334 mg	2,400 mg or less
Carbohydrates	18 g	250 g or more
Protein	2 g	55 g to 90 g

HERB BISCUITS

These savory biscuits taste similar to Italian focaccia but don't take the time required for a yeast-raised bread. Serve as an appetizer with a good antipasto.
Prep time: 25 minutes
Baking time: 15 minutes

2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
1/4 cup butter or margarine
3/4 cup milk

Toppings: 1 tablespoon extra-virgin olive oil, 1/2 teaspoon rosemary, 1/2 teaspoon Kosher salt

Preheat oven to 425°F. Grease 1 cookie sheet. In large bowl, combine flour, baking powder and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in milk just until moistened. Knead dough about 10 times until it just holds together. Transfer to prepared cookie sheet and roll into 8-inch circle. Brush oil over dough. Crumble rosemary on top and sprinkle with coarse salt. Bake 15 minutes or until golden. Cut into 1-inch-wide strips. Cut each strip in half. Makes 8 servings.

Per serving		Daily goal
Calories	200	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less
Saturated fat	5 g	20 g or less (F); 23 g or less
Cholesterol	20 mg	300 mg or less

(continued on page

Time to Clean Up After a Hard Day in the Fields!



Shown smaller than actual size of 8¼" in diameter.

the Danbury Mint

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lean as Whistle

Jim Daly

limited-edition collector plate trimmed with 23kt gold

re is always a magnetic attrac- between dirt and little boys. k in the days when the family ked the land, even the young s were busy in the fields. At day's , supper was not served until you e clean as a whistle!

ow the irresistible charm of this talgic scene has been captured on orcelain collector plate by artist Daly. A native of Oklahoma, Daly cializes in evoking the warmth of al life in simpler times.

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ean as a Whistle" is appearing on llector plate *for the very first time.* h hand-numbered plate, exclu- ly available from the Danbury Mint, will be accompanied by a personalized Certificate of Authenticity. The edition size will be limited to 75 firing days. As a finishing touch, each plate will be trimmed with 23kt gold, and the price is just $26.95.

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Limit: two plates per collector

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☐ Charge each plate in full upon shipment to my:
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City: _____

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Name for Certificate(s) of Authenticity if different from above)

BYP Allow 4 to 8 weeks after initial payment for shipment

Quick comfort

continued from page 148

Sodium	556 mg	2,400 mg or less
Carbohydrates	25 g	250 g or more
Protein	4 g	55 g to 90 g

PEPPER-JACK BISCUITS

Prepare Herb Biscuits but omit Toppings and add 1 cup shredded pepper-jack cheese with the butter. Transfer to prepared cookie sheet and pat into 8-inch square. Cut into quarters, then cut diagonally to make 8 triangles. Bake 20 minutes. Transfer to wire rack. Makes 8.

Per biscuit		Daily goal
Calories	240	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	35 mg	300 mg or less
Sodium	466 mg	2,400 mg or less
Carbohydrates	26 g	250 g or more
Protein	8 g	55 g to 90 g

BUTTERMILK-BRAN BISCUITS

Even if you don't have any buttermilk on hand, you can still make these tasty biscuits. Add 3/4 teaspoon vinegar to 2/3 cup milk and let stand 3 minutes, then proceed with the recipe.

Prep time: 15 minutes ○
Baking time: 12 to 14 minutes

1 cup bran cereal (not bran flakes)
2/3 cup buttermilk
1 cup all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 cup butter or margarine, cut up

Preheat oven to 425°F. Grease cookie sheet. Combine cereal and buttermilk in small bowl; let stand 5 minutes. Meanwhile, combine flour, sugar, baking powder and baking soda in large bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in cereal mixture just until combined. On lightly floured surface, roll or pat dough 1/2 inch thick. With floured 2-inch cutter, cut into rounds and transfer to prepared cookie sheet. Reroll scraps and repeat. Bake 12 to 14 minutes, until just golden. Transfer to wire rack. Serve warm. Makes 16.

Per biscuit		Daily goal
Calories	80	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	9 mg	300 mg or less
Sodium	170 mg	2,400 mg or less
Carbohydrates	12 g	250 g or more
Protein	2 g	55 g to 90 g

STRAWBERRY SURPRISE SCONES

A fabulous teatime treat, because the jam is already in the scones! Just add Devonshire cream (or substitute whipped cream) and a freshly brewed pot of tea.

Prep time: 20 minutes ○
Baking time: 20 minutes

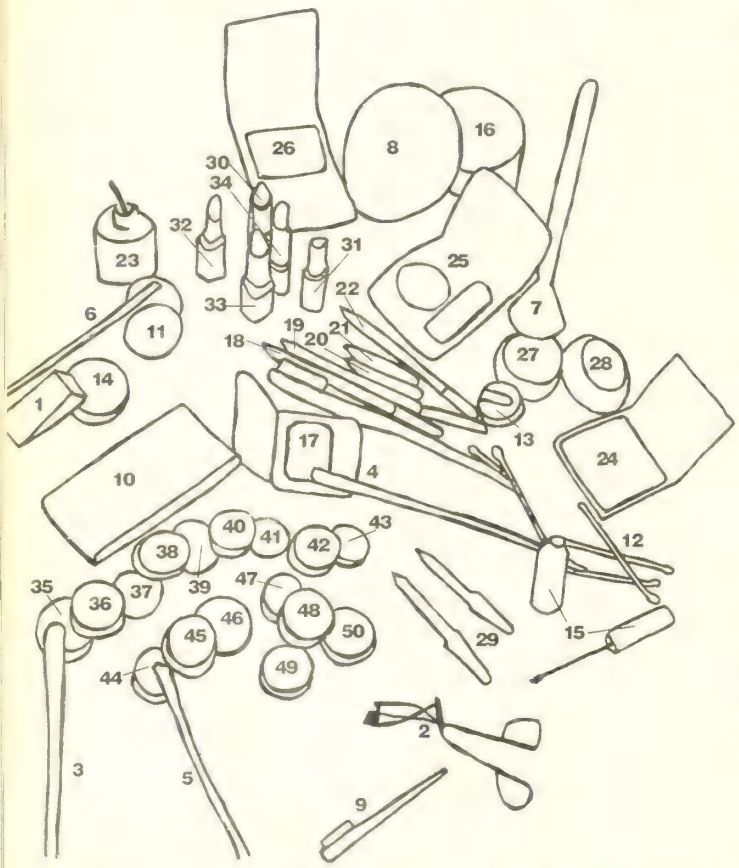
2 cups all-purpose flour
3 tablespoons sugar, divided
1 tablespoon baking powder
1/2 teaspoon salt
1/4 cup butter or margarine, cut up
2/3 cup milk
1 large egg, beaten
1/3 cup strawberry jam

Preheat oven to 425°F. Grease cookie sheet. In large bowl, combine flour, 2 tablespoons sugar and the baking powder and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in milk and egg until just combined. Transfer dough to lightly floured surface and knead about 4 times until dough just holds together. Divide dough in half. Roll one half into 8-inch circle and transfer to prepared cookie sheet. Spread jam on top, leaving a 1-inch border. Roll remaining dough half into 8-inch circle and place on top. Press edges lightly to seal. Sprinkle with remaining 1 tablespoon sugar. Cut into wedges but do not separate. Bake 20 minutes. Makes 8.

Per wedge		Daily goal
Calories	245	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less
Saturated fat	4 g	20 g or less (F); 23 g or less
Cholesterol	46 mg	300 mg or less
Sodium	379 mg	2,400 mg or less
Carbohydrates	39 g	250 g or more
Protein	5 g	55 g to 90 g

Recipes developed by Lisa Brainerd.

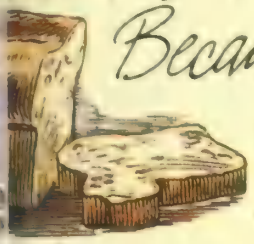
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43. M.A.C. Eyeshadow- Small in Aria, $1
44. M.A.C. Eyeshadow- Small in Greyston $10
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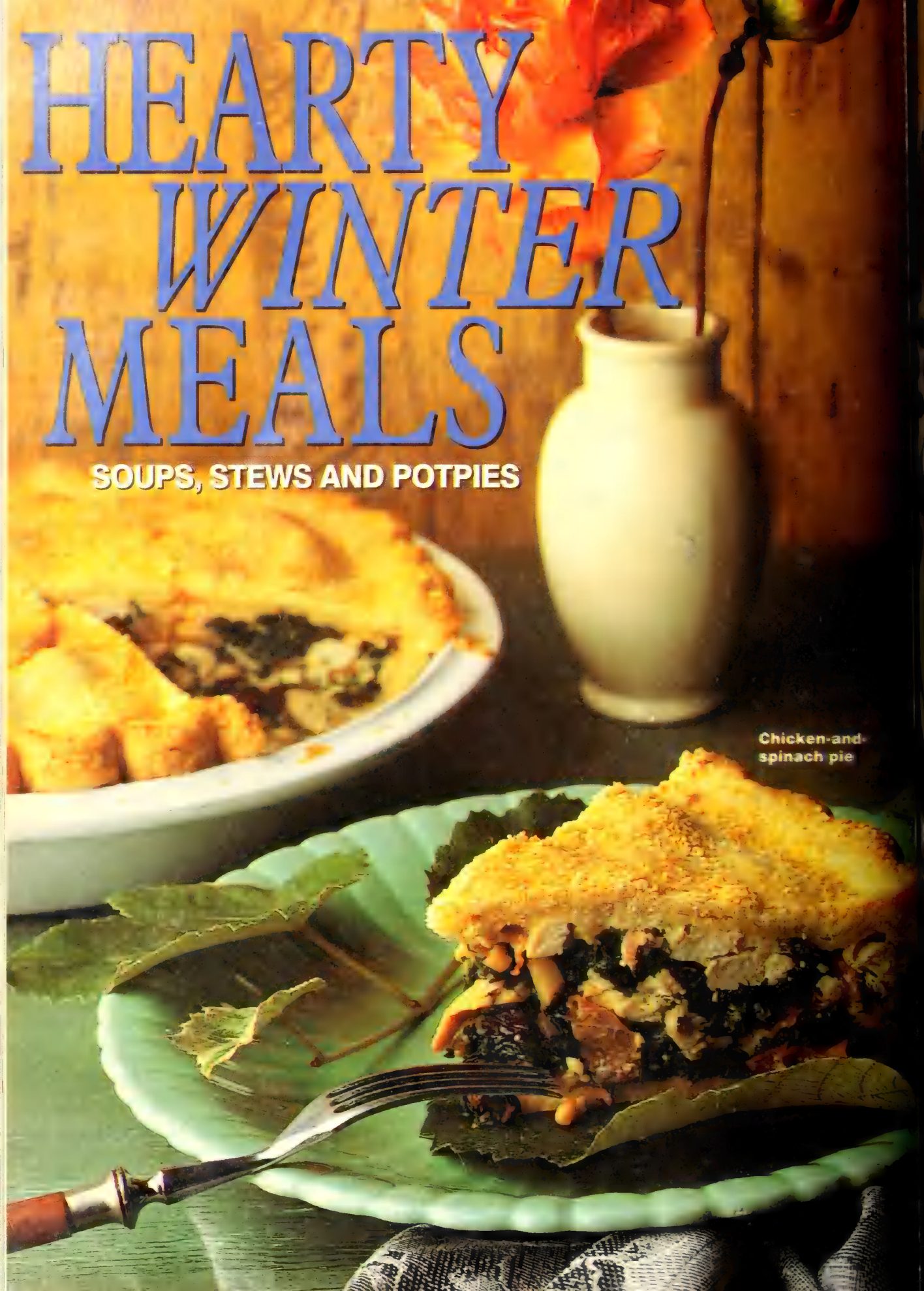


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HEARTY WINTER MEALS

SOUPS, STEWS AND POTPIES



Chicken-and-spinach pie



Seafood-and-fennel chowder

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continued from page 155

Easy · Challenging · Low-fat
Moderate · Microwave · Low-calorie

Menu for eight

How to leave your dinner guests satisfied: Serve a simple yet sophisticated meal, then pull out all the stops with a spectacular dessert.

**Herb Biscuits (page 148)*
Olives
**Pork Cassoulet*
Mixed green salad
**Molten Chocolate Cakes (page 164)*
Hearty Burgundy wine

**Recipe given*

PORK CASSOULET



Long, slow cooking is the key to the good flavor of this bean stew with sausage and meats, from southwest France.
Prep time: 20 minutes plus soaking
Cooking time: 2 hours 10 minutes

- 1 pound Great Northern beans
- 1 tablespoon vegetable oil
- 2 pounds boneless pork shoulder, cut into 1 1/2-inch cubes
- Salt and freshly ground pepper
- 2 cups chopped onions
- 1 tablespoon minced garlic
- 1/2 pound garlic sausage or kielbasa (halved lengthwise if thick), sliced 1/2 inch thick
- 2 cans (14 1/2 oz. each) chicken broth
- 1/2 cup water
- 1/2 bay leaf
- 1/2 teaspoon thyme
- 1/2 cup white wine
- 2 tablespoons tomato paste
- 1/4 cup chopped fresh parsley

Soak beans in water to cover by 2 inches overnight. (*To quick-soak:* Place beans with water to cover by 2 inches in large saucepan and bring to boil; boil 2 minutes. Cover and let stand 1 hour.) Drain.

Preheat oven to 350°F. Heat oil in large Dutch oven over high heat. Sprinkle half the pork with salt and pepper; add to Dutch oven and brown well on all sides, 5 minutes; set aside. Repeat with remaining pork. Add onions to Dutch oven and cook, stirring occasionally, over medium heat until tender, 5 minutes. Stir in garlic and cook 30 seconds. Return pork to pot and add sausage, beans, broth, water, bay leaf, thyme and 1/2 teaspoon pepper. Bring to boil. Cover and transfer to oven.

Bake 1 hour. Combine wine and tomato paste and stir into pot. Bake covered 1 hour more. *(Can be made ahead. Cover and refrigerate 24 hours. Reheat in oven at 350°F. 1 hour.)* Sprinkle with parsley. Makes 14 cups.

Per cup		Daily goal
Calories	290	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	54 mg	300 mg or less
Sodium	540 mg	2,400 mg or less
Carbohydrates	23 g	250 g or more
Protein	23 g	55 g to 90 g

Menu for six

This light, savory menu is guaranteed to heat things up after a day outdoors on a chilly winter weekend.

**Black Bean Soup*
**Pepper-Jack Biscuits (page 152)*
Jicama and carrot sticks
**One-Bowl Chocolate Cupcakes (page 169)*

**Recipe given*

BLACK BEAN SOUP



The beans of choice in Caribbean and Latin American cooking are the black, or turtle, variety.
Prep time: 45 minutes plus soaking
Cooking time: 1 1/2 to 2 hours

- 1 pound black beans
- 1 tablespoon vegetable oil
- 2 cups chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 tablespoon minced garlic
- 2 teaspoons cumin
- 1/4 to 1/2 teaspoon red pepper flakes
- 2 cans (14 1/2 oz. each) chicken broth
- 4 cups water
- 1/2 bay leaf
- 1/4 teaspoon thyme
- 1 pound smoked ham hocks
- 1 can (14 or 16 oz.) tomatoes, chopped
- 1 1/2 teaspoons salt
- Lemon slices, for garnish

Soak beans in water to cover by 2 inches overnight. (*To quick-soak:* Place beans with water to cover by 2 inches in large saucepan and bring to boil; boil 2 minutes. Cover and let stand 1 hour.) Drain.

Heat oil in Dutch oven over medium heat. Add onions, carrots and celery; cook, stirring occasionally, until tender. Add garlic, cumin and pepper flakes; cook 30 seconds. Stir in beans, broth, water, bay leaf, thyme and ham hocks. Bring to boil; reduce heat, cover and simmer 3 minutes. Stir in undrained tomatoes and salt; simmer covered until beans are very tender, 1 to 1 1/2 hours more.

Remove ham hock. Cut meat from bone. Discard skin and bone and bay leaf and return meat to soup. With potato masher, mash soup to thicken. Serve with lemon. Makes 12 cups.

Per cup		Daily goal
Calories	195	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	7 mg	300 mg or less
Sodium	853 mg	2,400 mg or less
Carbohydrates	30 g	250 g or more
Protein	12 g	55 g to 90 g

Menu for six

Perfect for a homey Sunday supper, this meatless menu boasts farm-fresh taste and a light-as-air dessert.

**Finnish Country Vegetable Pie*
Apple and endive salad
**Chocolate Angel Food Cake (page 169)*

**Recipe given*

FINNISH COUNTRY VEGETABLE PIE



A dense, delicious, unusual filling of shredded winter vegetables from Beatrice Ojakangas's new book "Pot Pies."
Prep time: 65 minutes
Baking time: 25 to 30 minutes

Sour-Cream Pastry
- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup cold unsalted butter, cut up
- 3/4 cup sour cream

(continued on page 158)

MINUTE®
ORIGINAL INSTANT RICE®



CHUNKY CHICKEN RICE SOUP

- 6 oz. boneless skinless chicken breast, cubed (about 1 cup)
- 1 teaspoon oil
- 2 cans (13¾ oz. each) chicken broth
- 1 cup water
- 1 package (10 oz.) frozen mixed vegetables, thawed
- ½ teaspoon poultry seasoning
- ¼ teaspoon pepper
- 1 cup Original MINUTE® Rice
- 1 tablespoon chopped parsley



► Cook and stir chicken in hot oil in saucepan until browned. Add broth, water, vegetables and seasonings.

► Bring to boil. Reduce heat to low, cover and simmer 5 minutes. Stir in rice and parsley; cover. Remove from heat. Let stand 5 minutes.

Serves 7

FAST, EASY AND ALWAYS DELICIOUS.

RICE-IPES®

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Filling
- 3 tablespoons butter, divided
- 2 cups shredded carrots
- 1 cup shredded parsnips
- 1/2 cup chopped green onions
- 1 teaspoon minced garlic
- 6 cups finely shredded green cabbage
- 1 cup shredded Jarlsberg cheese
- 1 1/2 cups cooked brown rice
- 1/4 cup heavy or whipping cream
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon oregano
- 1/4 teaspoon allspice
- 1/4 teaspoon nutmeg
- Salt and freshly ground pepper

1 egg, beaten with1 tablespoon milk

Sour-Cream Pastry: Combine flour, baking powder and salt in medium bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in sour cream. Knead 2 or 3 times, just until dough holds together. Wrap and refrigerate at least 30 minutes.

Filling: Meanwhile, melt 1 tablespoon butter in large skillet over medium-high heat. Add carrots, parsnips, green onions and garlic; cook until just tender, 5 minutes. Reduce heat to medium. Add cabbage and cook, stirring occasionally, until cabbage is wilted and tender, 15 minutes. Remove from heat and cool. When cool, add remaining filling ingredients, 1 teaspoon salt and 1/4 teaspoon pepper.

Preheat oven to 400°F. Divide pastry into 2 pieces, one slighter larger than the other. Between 2 sheets of wax paper, roll larger piece into 12-inch circle. Fit pastry into 10- or 11-inch tart pan. Spread filling over pastry, pressing until compact. Dot with remaining 2 tablespoons butter. Roll remaining pastry into 11-inch circle.

Brush egg mixture on pastry and edge of tart. Cut pastry into 1/2-inch-wide strips and arrange in lattice pattern over filling; flute edge. Bake 25 to 30 minutes or until pastry is golden. Serve warm. Makes 8 servings.

Per serving		Daily goal
Calories	445	2,000 (F), 2,500 (M)
Total fat	28 g	60 g or less (F); 70 g or less (M)
Saturated fat	14 g	20 g or less (F); 23 g or less (M)
Cholesterol	98 mg	300 mg or less
Sodium	685 mg	2,400 mg or less
Carbohydrates	39 g	250 g or more
Protein	10 g	55 g to 90 g

Menu for six

Turning up the flavor on some traditional favorites transforms a casual get-together into a feast.

**Spiced Shepherd's Pie*
Sliced fennel and orange salad
**Best Devil's Food Cake (page 170)*

**Recipe given*

SPICED SHEPHERD'S PIE



Beatrice Ojakangas gives English shepherd's pie a Greek accent. The crown of mashed potatoes is flavored with feta cheese, and the meat is redolent with sweet, aromatic cinnamon and allspice.
Prep time: 40 minutes
Baking time: 35 to 40 minutes

- 1 tablespoon olive oil
- 1 cup chopped onions
- 1 teaspoon minced garlic
- 2 pounds extra-lean (95%) ground beef
- 1 can (14 or 16 oz.) whole tomatoes
- 1/4 cup grated Parmesan cheese
- 2 teaspoons dried mint
- 1 teaspoon cinnamon
- 1 teaspoon oregano
- 1/2 teaspoon allspice
- Salt and freshly ground pepper

Potato-Feta Topping
- 3 pounds all-purpose potatoes, peeled and cut into 2-inch pieces
- Salt
- 2 tablespoons butter or margarine
- 1/4 teaspoon freshly ground pepper
- 1 cup (5 oz.) crumbled feta cheese
- 1/4 cup grated Parmesan cheese

Heat oil in large skillet over high heat. Add onions and garlic; cook 1 minute. Add beef, stirring to break up meat, and cook until no longer pink, 5 to 7 minutes. Drain tomatoes, reserving 1/3 cup liquid; add tomatoes and reserved liquid to skillet with Parmesan, mint, cinnamon, oregano, allspice, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, breaking up tomatoes with back of spoon, 3 minutes. Transfer mixture to shallow 2-quart casserole.

Potato-Feta Topping: Meanwhile, preheat oven to 400°F. Combine potatoes, 1/2 teaspoon salt and water to cover in large saucepan. Bring to boil, reduce heat and simmer until tender, 15 to 20 minutes. Drain, reserving 1/2 cup cooking liquid. With potato masher, mash potatoes and butter. Stir in reserved liquid, pepper and cheeses. Spoon potato mixture over beef filling, mounding with back of spoon. Bake 35 to 40 minutes, until top is lightly browned. Makes 8 servings.

Per serving		Daily goal
Calories	360	2,000 (F), 2,500 (M)
Total fat	14 g	60 g or less (F); 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	82 mg	300 mg or less
Sodium	896 mg	2,400 mg or less
Carbohydrates	30 g	250 g or more
Protein	29 g	55 g to 90 g

Menu for four

Homemade soup, fresh-baked bread and dessert make a middle-of-the-week dinner taste like a slow-cooked Sunday supper—and it's ready in less than an hour!

**Hamburger Soup*
**Beer Bread (page 148)*
**One-Bowl Brownies (page 164)*
Pears

**Recipe given*

HAMBURGER SOUP



Budget recipe of the month *It's hard to believe that such a hearty, flavorful soup could be so quick and easy! Stir a dollop of sour cream into each bowl for serving time.*
Prep time: 10 minutes
Cooking time: 32 minutes

- 1 pound extra-lean (95%) ground beef
- 1 tablespoon vegetable oil
- 1 cup diced carrots
- 1 cup diced onions
- 1 cup sliced celery
- 1/2 teaspoon minced garlic
- 2 cans (14 1/2 oz. each) chicken broth
- 1 can (14 or 16 oz.) whole tomatoes
- 1/2 teaspoon thyme
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 cups (4 oz.) wide egg noodles, cooked
- 1/4 cup chopped fresh parsley
- Sour cream, for garnish

In Dutch oven, cook ground beef, breaking up meat with back of wooden spoon, over medium-high heat until browned, 5 to minutes. Remove meat from pan with slotted spoon; set aside. Add oil, carrots, onions, celery and garlic; cook until tender crisp, 5 minutes. Add broth, tomatoes, thyme, salt, pepper and beef, breaking up tomatoes with back of spoon. Bring to boil, reduce heat, cover and simmer 20 minutes.

Just before serving, stir noodles and parsley into soup and heat through. Serve with a dollop of sour cream. Makes 8 cups.

Per cup (without sour cream)		Daily goal
Calories	175	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	41 mg	300 mg or less
Sodium	877 mg	2,400 mg or less
Carbohydrates	18 g	250 g or more
Protein	14 g	55 g to 90 g

(continued)

THE POTATOES.



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Lipton

With Lipton's special blend of seasonings, you can create...



RECIPE SECRETS™ ROASTED POTATOES

- 1 envelope Lipton Recipe Secrets Onion or Savory Herb with Garlic Recipe Soup Mix
- 2 pounds all-purpose potatoes, cut into large chunks
- 1/3 cup olive or vegetable oil

Preheat oven to 450°. In large plastic bag or bowl, add all ingredients. Close bag and shake, or toss in bowl, until potatoes are evenly coated. Empty potatoes into shallow baking or roasting pan; discard bag. Bake, stirring occasionally, 40 minutes or until potatoes are tender and golden brown. Garnish, if desired, with chopped parsley. Makes about 8 servings.

Lipton® Recipe Secrets.™ The Secret Worth Passing Around.

Menu for eight

Chicken potpie—with a difference—will make dropping by your house for Sunday brunch the high point of the week.

**Chicken-and-Spinach Pie*
Mixed fruit salad
**Blueberry-Lemon Squares (page 148)*
Bloody Marys

**Recipe given*

CHICKEN-AND-SPINACH PIE

Food editor's choice *Don't be daunted by the long list of ingredients for this unusual pie from Beatrice Ojakangas. The taste makes it worth including every single one.*

Prep time: 50 minutes
Baking time: 45 to 50 minutes

Cornmeal Pastry
- 1 2/3 cups all-purpose flour
- 1/4 cup yellow cornmeal
- 1 teaspoon salt
- 3/4 cup cold unsalted butter, cut up
- 1 large egg, lightly beaten
- 2 teaspoons white vinegar
- 1 to 2 tablespoons ice water

Filling
- 1 1/4 pounds boneless, skinless chicken breasts
- Salt
- 2 packages (10 oz. each) frozen chopped spinach, thawed, or 3 pounds fresh spinach, cooked
- 1 tablespoon olive oil
- 1 tablespoon butter or margarine
- 1 1/2 teaspoons minced garlic
- 1/4 cup raisins
- 1/4 cup pine nuts or slivered almonds, toasted
- 4 ounces thinly sliced prosciutto or other ham, julienned
- 2 large eggs, lightly beaten
- 3/4 cup heavy cream or evaporated milk
- 1/4 teaspoon freshly ground pepper

Cornmeal Pastry: Combine flour, cornmeal and salt in medium bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. In small bowl, combine egg, vinegar and 1 tablespoon ice water. Sprinkle over cornmeal mixture, stirring with fork just until dough just holds together, adding water if necessary. Shape dough into disk. Wrap and refrigerate at least 30 minutes.

Filling: Meanwhile, combine chicken with 1 teaspoon salt and water to cover in large saucepan. Bring to boil, reduce heat and simmer gently 10 minutes. Drain, then cool to room temperature. Shred into bite-size pieces.

Meanwhile, squeeze excess liquid from frozen spinach. Heat oil and butter in large skillet over medium-high heat. Add spinach, garlic, raisins, pine nuts, and prosciutto. Cook, stirring occasionally, until liquid is evaporated, 5 minutes. Transfer to large bowl. Add chicken, eggs, cream, 1/2 teaspoon salt and pepper.

Preheat oven to 350°F. Divide pastry into 2 pieces, one slightly larger than the other. Between 2 sheets of floured wax paper, roll larger piece into 11-inch circle. Fit into 9-inch pie pan. Spoon filling into pie pan. Roll remaining pastry as directed above into 10-inch circle. Brush edge of bottom pastry with water. Place pastry over filling; trim and flute edges. Cut vents on top crust. Bake 45 to 50 minutes, until pastry is golden brown. Makes 8 servings.

Per serving		Daily goal
Calories	550	2,000 (F), 2,500 (M)
Total fat	35 g	60 g or less (F); 70 g or less (M)
Saturated fat	19 g	20 g or less (F); 23 g or less (M)
Cholesterol	210 mg	300 mg or less
Sodium	910 mg	2,400 mg or less
Carbohydrates	31 g	250 g or more
Protein	29 g	55 g to 90 g

Menu for six

At the end of a busy week, relax over a meal that's quick, cozy and pure comfort.

**Seafood-and-Fennel Chowder*
**Whole Wheat Popovers (page 148)*
Spinach salad
Tangerines
Chardonnay

**Recipe given*

SEAFOOD-AND-FENNEL CHOWDER

Fennel does wonders for this soup: Its subtle flavor brings out the sweetness of the fish. You can substitute celery, but fennel, which has a peak season from December to April, is now available year-round

Prep time: 20 minutes
Cooking time: 25 minutes

- 1 tablespoon butter or margarine
- 1/2 cup finely chopped onion
- 1 large bulb fennel (anise), cored and sliced (2 1/4 cups)
- 1 pound new potatoes, diced
- 2 cups diagonally sliced carrots
- 2 bottles (8 oz. each) clam juice
- 1 cup water
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- Pinch thyme
- 1 pound cod fillet, cut into chunks
- 4 ounces shrimp, peeled and deveined
- 1/2 cup heavy or whipping cream
- 1/4 cup chopped fresh parsley

Melt butter in large saucepot over medium-low heat. Add onion and fennel; cook, stirring occasionally, until tender, 10 minutes. Add potatoes, carrots, clam juice, water, salt, pepper and thyme. Bring to boil; reduce heat, cover and simmer until vegetables are just tender, 10 minutes. Add cod and shrimp; simmer covered, until opaque, 5 minutes. Gently stir in cream and heat through (do not boil). Sprinkle with parsley. Makes 10 cups

Per cup		Daily goal
Calories	150	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less
Saturated fat	3 g	20 g or less (F); 23 g or less
Cholesterol	53 mg	300 mg or less
Sodium	413 mg	2,400 mg or less
Carbohydrates	12 g	250 g or more
Protein	12 g	55 g to 90 g

Pot pies are adapted from the book "Pot Pies: Forty Savory Suppers," by Beatrice Ojakangas. Copyright © 1993 by Beatrice Ojakangas. Published by Clarkson Potter, Inc. Other recipes developed by Jane Brainerd and Lorie Nolan.

GHOSTWRITER "TALK TO A SUPERSTAR" SWEEPSTAKES OFFICIAL RULES as seen on page

1. No purchase necessary.
2. How to Enter: Either fill out official entry form or write requested information in a letter or on a postcard and mail to "Be a Reporter" Sweepstakes, Box 4133, Smithtown, NY 11745. Entries must be received by March 31, 1993.
3. Entrants must be between 6 and 12 years old and must have received permission of a parent or guardian to enter. Entries will be entered into a random drawing which will be held on April 3, 1993. Illegible entries and entries with inappropriate questions will be disqualified. Children of employees of Children's Television Workshop, Nike or public television stations are not eligible to enter. Eligibility of entries will be determined solely by Children's Television Workshop.
4. Four grand prizes: Trip for winner, a friend and a parent or guardian to meet the celebrity the winner has chosen (2 days and 1 night) and interview him or her. A parent or guardian must accompany the winner. Approximate retail value: $350 for hotel accommodations based on double occupancy, $125 for ground transportation, $150 cash for expenses, and up to $2[illegible] for airfare if necessary. Twenty first prizes (5 winners each of 4 celebrities): GHOSTWRITER jacket, photo and autographed photo and personal letter from the celebrity they've chosen. Approximate retail value: jacket, $150; photo and letter, priceless. Five hundred second prizes: GHOSTWRITER T-shirt with an approximate retail value of $7 each. One thousand third prizes: GHOSTWRITER rope pen with an approximate retail value of $1.50 each.
5. Grand-prize winners will be notified by phone. All other winners will be notified by mail. If a winner doesn't respond within 14 days, an alternate winner will be selected.
6. Federal, state and local taxes are the responsibility of the winners. Only one prize will be awarded per person. Only one grand prize will be awarded per household. No substitute prizes or cash will be awarded. Prizes are non-transferable.
7. The odds of winning depend on the number of entries received. The names of the grand-prize winners can be obtained by sending a SASE to: "Be a Reporter" Sweepstakes, CTW, One Lincoln Plaza, New York, NY 10023.
8. By participating, the entrant releases Children's Television Workshop from all liability with respect to any prize. The parents or guardians of the grand-prize winners and accompanying friends will be required to sign an affidavit of eligibility and general release prior to the awarding of the grand prize.
9. Winners, accompanying friends and parents/guardians may be required to grant permission to Children's Television Workshop and PBS to use their names and likenesses without compensation.
10. Not responsible for lost, mutilated, illegible or misdirected mail. Void where prohibited by law.



Don't Just Make Dinner Tonight. Cucinere La Cena Con Contadina, Instead.



To translate, we mean "make dinner" in Italian. And to make a delicious Italian meal, try this Contadina recipe from the Casa Buitoni, our culinary arts center in Tuscany, Italy.

Prepared with Contadina quality tomato products, it represents the best of Italian cooking. Buon appetito.

Primavera Contadina

Dalla Casa Buitoni

2 tbsp. olive oil
1 1/4 cups (1 medium) diced onion
1 tbsp. chopped garlic
1 cup (1 small) sliced zucchini
1 cup (1 medium) sliced yellow squash
1 cup green or yellow bell pepper strips
1 3/4 cups (14.5-oz can) CONTADINA Recipe Ready Diced Tomatoes, drained (juice reserved)
2/3 cup (6-oz. can) CONTADINA Italian Style Tomato Paste
3/4 cup warm water
1/2 tsp. salt (optional)
1/8 tsp. pepper
2 tbsp. chopped fresh basil OR 1 tsp. dried basil, crushed
1 package (9-oz.) CONTADINA Refrigerated Linguine
Sliced ripe olives (optional)
Chopped fresh basil (optional)

In medium skillet, heat oil; sauté onion and garlic for 1 minute. Add zucchini, yellow squash and bell pepper; sauté for 3 to 4 minutes. Stir in reserved tomato juice, Italian paste, water, salt and pepper; simmer for 5 to 8 minutes or until vegetables are tender. Stir in tomatoes and basil; simmer for 1 minute. Prepare pasta according to package directions. Serve sauce over pasta; garnish with olives and basil. Makes 6 servings. Per Serving: Calories: 220, Fat: 5g , Cholesterol: 50mg , Sodium: 580mg; Protein: 8g.



Share The Italian Love Of Food.

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Left: Hazelnut-Truffle Cheesecake; right, Best Devil's Food Cake

OUR VALENTINE TO YOU: THE MOST DELICIOUS, MOST REQUESTED RECIPES, FRO

asty cream cheese is great for making
asy cream cheese fruit squares
hat look this delicious...



...and taste this delicious.

So try creamy, rich cream cheese in this easy recipe
and see just how delicious it can look – and taste – for yourself.



Cream Cheese Fruit Squares

s about 24 squares)

- sugar, divided
- butter
- ps graham
- er crumbs
- 3 packages (8 oz. each) cream cheese
- 4 eggs
- 1 tsp. vanilla extract
- 1 (21 oz.) can blueberry filling or topping

t oven to 325°F. To prepare crust: In a medium saucepan place sugar and butter; heat until butter is melted, stirring occasionally. graham cracker crumbs; press mixture evenly over the bottom of a . baking pan. In a large bowl with an electric mixer beat cream until smooth. Gradually beat in remaining ¾ cup sugar. Beat in ne at a time, and vanilla, until well blended. Spoon blueberry fill- nly over crust. Carefully pour cream cheese mixture over blue- Bake just until set, 45 to 50 minutes. Cool. Chill until cold, ours or longer. Cut into 24 squares. Serve garnished with straw- lves or mint leaves, if desired.

AD nca's Dairy Farmers
tional Dairy Board 1992

Elizabeth gave up trying to be the perfect wife around the third week of her marriage and hasn't looked back since.



She does some cooking, but only when she feels like it.

Potato Talk With ELIZABETH SACO, ME

Elizabeth likes to keep a nice ten pound bag of potatoes around the kitchen, just for inspiration.

Potatoes are a fresh vegetable.

Potatoes are spontaneous,
ke Elizabeth. She can walk
way from them and make
phone call to her mother, and
they won't
be ruined.
Potatoes
don't pressure
Elizabeth to be
perfect, the
ay rice does. Because when
lizabeth feels pressured, she can't
joy herself. And neither can
yone else.





Elizabeth's Spontaneous Mashed Potatoes- Slice two large potatoes and place in microwave dish. Microcook for 7-10 minutes. Mash with butter and Parmesan cheese or whatever you feel like.

Potatoes

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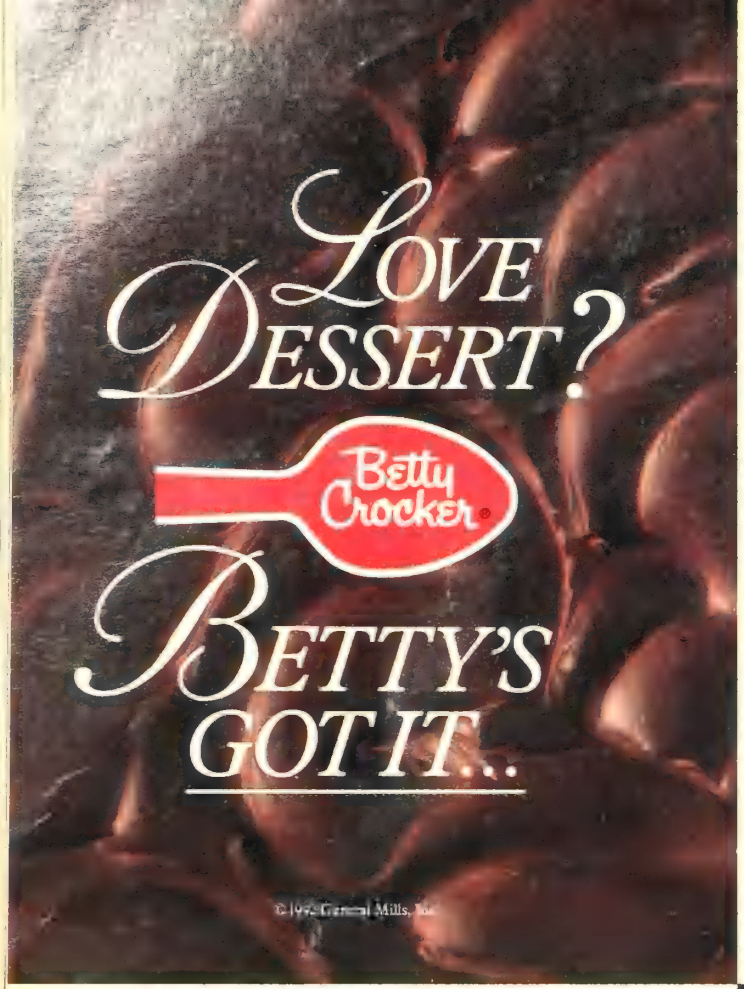
HOME FURNISHINGS COUNCIL

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Genuine LA-Z-BO FURNI



Handcrafted wooden horse and *Billy's* "ten-gallon" hat are included at no additional charge.
Shown smaller than actual seated height of approximately 11" including hat.



Journal Shopping Center

OUT OF THE BLUE In the January 1993 issue, omitted credits should read: photographer, Mark Bugzester; hair, Harry King for Stephen Knoll Salon; makeup, Lydia Snyder for Stephen Knoll Salon.

CLINT'S MISSION Pages 124–127 Living Room: All furniture from Edgar B Mission Ranch Collection Catalogue, 800-225-6589. For more information on Edgar B Catalogue Company, write to: Edgar B Furniture, Edgar B, P.O. Box 849, Highway 158, Clemmons, NC 27012. Sueded chair and ottoman, Mission Glory Collection, $1,205; ottoman, $825; leather wing chair, $1,245; cherry wood cocktail table, $525; mirror, $239; leather sofa, $3,345. From Wild Goose Chase (1631 Sunflower Avenue, South Coast Plaza Village, Santa Ana, CA 92704; 714-966-2722): Indian and plaid cotton and wool blankets, $65-$375; magenta wool blanket pillows, $125-$145; rag rug pillow, $65; rag runner, $395. From Trancredi & Morgen (Rt. 2, Box 703, Carmel Valley Rd., Valley Hills Center, Carmel, CA 93923; 408-625-4477): Bessarabian area rug, $2,200; Provençal wooden pitchfork, $145; small Irish trunk by sofa, $35; handpainted shaker boxes, $366 per nested set of four; leather pouch, $5; French yellow confit jug, $265; iron candlestick, $34. From GWS Gallery (26390 Carmel Rancho Lane, Carmel, CA 93923; 408-625-2288): "Trade Passages" Pueblo dried gourd, $225; "Anazazi" black-and- white dried gourd, $170; "Snake Dance" Hopi serpent dried gourd, $190; "Peyote" rattles, $5 each. Wildflower bouquet, pinecone arrangement, artichoke assemblage, in chicken-wire basket, miniature juniper topiaries on mantel, ivy baskets, wire baskets, all designed by Robt Reinkens of Flowers LTD., P.O. Box 1[illegible] Carmel Rancho Center, Pebble Beach, CA 93953; 408-625-2404. Bedroom from the Mission Ranch Collection: Cherry bed, $1,129; blue chair, $[illegible] ottoman, $320. From Wild Goose Chase: "Trip Around the World" quilt (circa 1930), $875; "Seven Sisters" yellow and white quilt (circa 1930), $365; [illegible] and brown Lancaster striped ticking pillow shams, $95; floral stripe [illegible] pillows, $65 each; blankets on ladder, $175 each; Indian blanket pillow, $[illegible] hooked area rug, $375. Santa Fe ladder, $150, and tramp art twig end [illegible] $165, from Tancredi & Morgen. Seashell basket arrangement, wild-flo[illegible] arrangement, rose basket and plants, all from Flowers LTD. Exterior: Edgar [illegible] Adirondack Chair, $260; blue painted wheelbarrow, $475, and blue pa[illegible] newel post on porch, $150, from Tancredi & Morgen.

DOVE/LHJ CLASSIC MODEL DISCOVERY CONTEST Pages 36–38 Jer[illegible] Marks: Jacket, Michii Moon; bodysuit, Jay Savage; skirt, J. Crew; shoes, Ma[illegible] lo; earrings, Agatha. Pam Walker: Jacket, William B.; sweater, 525 Made In America; skirt, Michii Moon; shoes, Giorgio Armani. Debra Richards: Jacket, skirt, Kenar; sweater, Malo; earrings, Lazaro; shoes, Rene Caty. Helen Bosa: Sweater, 525 Made In America; skirt, Benetton; jacket, Michii Moon for Sa[illegible] shoes, Nine West; earrings, Lazaro. Saundra Williams: Shirt, Equipment; ja[illegible] and skirt, Michii Moon; belt, Erwin Pearl; earrings, Agatha; shoes, Mar[illegible] Sylvie Cwajgenbaum: Jacket and sweater, Michii Moon for Sanyo; skirt, JH[illegible] lectibles; necklace and earrings, Erwin Pearl; shoes, Robert Clergerie.

Favorite chocolate desserts

continued from page 170

8-inch cake pans. Line bottoms with wax paper. Grease and flour paper.

Heat milk and coffee in small saucepan until small bubbles form around edge. Add to cocoa and whisk until smooth. Whisk in sour cream. Cool.

In medium bowl, combine flour, baking soda, baking powder and salt. Beat butter in mixer bowl until light. Gradually beat in sugar until light and fluffy. Beat in eggs one at a time. Add vanilla. At low speed, gradually beat in dry ingredients alternately with chocolate mixture, beginning and ending with dry ingredients. Beat at medium speed 2 minutes. Pour into prepared pans.

Bake 25 minutes, until top springs back when lightly touched. Cool in pan on wire rack 10 minutes. Invert cakes onto rack. Remove paper and cool completely, right side up.

Creamy Fudge Frosting: Heat chocolate, sugar and cream, stirring constantly, in saucepan over medium heat until smooth. Remove from heat; stir in vanilla. Transfer to mixer bowl, and place in larger bowl of ice water. Let stand, stirring occasionally, until cold and thick. Remove from ice bath. Gradually beat in butter at high speed; beat until fluffy and stiff enough to hold its shape.

Place 1 layer on cake plate and spread with 3/4 cup frosting. Top with second layer and another 3/4 cup frosting. Spread top and sides with remaining frosting. Makes 12 servings.

Per serving		Daily goal
Calories	570	2,000 (F), 2,500 (M)
Total fat	37 g	60 g or less (F); 70 g or less (M)
Saturated fat	22 g	20 g or less (F); 23 g or less (M)
Cholesterol	139 mg	300 mg or less
Sodium	391 mg	2,400 mg or less
Carbohydrates	59 g	250 g or more
Protein	6 g	55 g to 90 g

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each addition. Pour batter over prepared crust.

Place pan in a large roasting pan. Fill with enough hot water to come halfway up sides of springform pan. Bake 1½ hours or until center is just set.

Meanwhile, combine 1 cup sour cream, 2 tablespoons sugar and 2 teaspoons vanilla extract in small bowl. Spread topping over cheesecake and bake 15 minutes more. Cool completely on wire rack. Cover and refrigerate at least 4 hours or overnight. Just before serving, run knife around ridge of pan and remove sides. Makes 16 servings.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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side the journal kitchen

You asked for it!

r LHJ:

husband and I dined at a wonderful little restaurant in bler, Pennsylvania, called the Newport House. The pkin cheesecake was out of this world! Could you obtain recipe so I can "wow" my family at home?

Andrea K. Garcia
North Wales, Pennsylvania

IGAR 'N' SPICE 'N' CHEESECAKE

u think of eating pumpkin only in the fall, this creamy dessert es that it can be a year-round pleasure. Chef Michael ula's rich cheesecake has the subtle spiciness you love in pkin pie. For cheesecake worthy of a professional baker, don't the water bath: It helps to ensure even baking with no cracks.

eat oven to 350°F. Combine **1 cup gingersnap cookie crumbs** **1/4 cup butter**, softened, in medium bowl. Press crumb mixture bottom of 9-inch springform pan. Bake 10 minutes or until gold- Cool. Wrap outside of pan with heavy-duty foil. Reduce tempera- to 325°F.

large mixture bowl, combine **4 packages (8 oz. each) cream ese**, softened, **1 1/4 cups sugar**, **1 teaspoon *each*** cinnamon **ginger** and **1/2 teaspoon cloves.** Beat at medium speed until oth. Gradually add **1 can (16 oz.) pumpkin**. At low speed, add **ge eggs** and **2 large egg yolks** one at a time, beating well after



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Sally Jessy Raphaël

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too modest. With her soothing voice, neat blond hair and assertive red glasses, Sally, who insists she's forty-nine, is the key to her show's increasing popularity. She is thought of on a first-name basis by millions of viewers because of her warmth, her shrewdness and, most of all, because of her ability to relate to people with problems. She honed this skill during eight years as a late-night radio talk-show host, listening and giving advice to the lonely and lovelorn.

Burt Dubrow, her TV show's executive producer, who has molded Sally professionally during the past decade, says, "Sally is like an aunt or the lady next door. She makes people feel comfortable. She is a good listener. They *want* to tell her things." And Sally's husband, Karl Soderlund, declares, "I always knew she was going to be an enormous star. I just didn't know when it was going to happen."

Sally's current success was long, tough years in the making. She has never been blessed with good luck. In her thirty-five-year trek through show business as an actress and radio performer, she was fired eighteen times, tried out for 134 commercial voice-overs and never got one, lived in a car with her family when they couldn't afford a home, furnished her home (when she could afford one) at Goodwill, and even lived for three months on food stamps.

Sally was raised in a suburb of New York in a prosperous family. But her father lost all his money when Sally was a teenager, and he died broke. Sally, who had a fledging career as a teenage radio personality, continued her talk-radio career in Puerto Rico, where she moved with her first husband, Andrew Vladimir, a childhood friend. After the two separated, she met Soderlund, who walked into her life when she switched San Juan radio stations. "Karl had utter faith in my talent. I don't know why," Sally says about her husband, who began to manage her career just a few months after they met. Their twenty-eight-year marriage remains extremely close and supportive, though Sally declares, "There's nothing stupider than a woman who says she feels secure, and by the time the story airs, her husband is on the tabloids." Karl says her only complaint is that he doesn't share his feelings with her enough. A talk-show host who can't get her own husband to talk? Her fans would completely understand.

When they married, she and Karl each had two daughters. They adopted their son, Jason, known as J.J., when he was a baby, and through the years they have taken care of various foster children—including their San Juan paperboy—as they moved from city to city looking, often desperately, for work in broadcasting. Guests on her show who are going through hard times know Sally understands because she has survived the hard knocks herself.

Still, she says about her living-on-the-edge past, "It was awful and wonderful in equal proportions, like living in New York is awful and wonderful in equal proportions. . . . My life was not dull. I never needed to look for anything outside of it. It was wonderfully exciting, terribly defeating, very scary; but I loved the scariness." Karl is an eternal optimist, and Sally says she was just too naive to worry during their hand-to-mouth years. "Even doing this show—my friends promised me it wasn't going to last thirteen weeks. . . . What's exasperating to the people we know is that deep down, everyone always thought Karl and I would come to no good."

Still, Sally's greatest trial was during the past year, when everything was finally going so well for her professionally.

"At one time I tended to be afraid of the dark . . . ," Sally says quietly. "With Allison's death I'm no longer afraid. . . .There's nothing out there."



"Though I kind of wish we had had this success ten years earlier," says Karl wistfully. Last winter, in the course of just three weeks, her son, J.J., now twenty, was involved in a serious automobile accident, and her thirty-three-year-old daughter Allison died of an accidental overdose of prescription and over-the-counter drugs.

It was two devastating knockout punches in a row. Focused on her career, but always concerned about her responsibility as a mother—Sally once quit a late-night talk show in Miami when ten-year-old Allison, home alone because Sally could not afford a babysitter, called in to say there was a prowler outside—Sally says she feels no remorse about the way she raised her children. "Every mother has the same guilt. Every working mother. . . . I think I was average," she says. "I think with maternity comes . . . that mommy contract that really causes you to do the best you possibly can."

After the crash, J.J. spent eight days in a coma while Sally desperately tried to make him respond, including reading aloud to him from *The Playboy Advisor*. "He was a nineteen-year-old stud," she explains. "Anything I could do to get him to blink." Now, after months of medical treatment and therapy, she thinks J.J. will be all right but is still not absolutely sure. "If he had not been in perfect health, if he had not had a fabulous will, he would have been dead," she says, lighting a cigarette, taking a few puffs, then stubbing it out.

Before the accident, J.J. lived a charmed life, Sally says. "He was all perfect—but he was lazy. Now," she says sadly, "he has a rod here, a rod there, three pins in his foot, five plates in his head." She is worried because experts have detected signs of BTI, brain trauma injury. "No one knows if the effects will be long-term or short-term." Still, Sally maintains she is treating her "bionic man" the same as she did before. "I will not use kid gloves. I think I am as hard or as easy on him, depending on who you talk to, as I was before he had a lot of pins in his leg."

Currently she is practicing some tough love on J.J. She wants him to move out of the family's small apartment on Manhattan's East Side so he'll be closer to the hospital where he's undergoing physical therapy and so he'll have "a measure of independence." (She also has a suburban home in Montrose, New York.) Sally also says she needs J.J.'s room because her seventy-six-year-old widowed aunt is coming to stay with her. "J.J. is at home now, but we are going to put him in the 92nd Street Y if they'll have him," she says. "He doesn't want to go. . . . But I want him to have the Y's hours and regulations. . . . He's not ready to have his own apartment. . . . So it's the Y or the dorm. My aunt can't go to the Y," she says firmly. It is clear she thinks it is time for a healing J.J. to grow up a little and take more responsibility for his rehabilitation and his life.

When talking about J.J., Sally sounds like every other sometimes proud, sometimes exasperated mother of a challenging son. But when the conversation turns to Allison, Sally's deep sadness becomes apparent. It is just a year since her daughter's death, and she is still in the early stage of grief. She grows quiet and removed, and one can see the toll the unexpected death of her eldest child has taken on her. I wish I had the skills of a talk-show host when we talk about this sensitive matter.

Allison died in her sleep last year on February 2, at the family home just behind the country inn Sally and Karl own in Pennsylvania's Bucks County. A chef who was out of work because of a bad back, Allison was a *(continued)*

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[illegible] alcoholic, and she was over-[illegible]. However, Allison's life had taken an upswing just before she died: she had a new boyfriend and had begun to lose weight. Friends say Sally and her daughter's relationship was sometimes strained but always close. A couple of months before her death, she had cooked an elaborate Thanksgiving feast for her mother and dozens of family friends.

Agreeing to talk about Allison, Sally says, "I mention her exactly as if she were alive now with no greater emphasis, and no less. I think that's the only healthy road." Then she adds softly, "I wish I could tell you I learned things from it [her death] or that it has helped me in some way. But it hasn't helped. . . . It diminished me. I do not laugh the way I used to . . . or giggle. And there's been a tremendous loss of faith. . . . I'm more of a scientist now." She lights another cigarette, puffs for a moment, and tries to explain how she has been changed. "At one time I tended to be afraid of the dark. I noticed with Allison's death I'm no longer afraid of the dark. I was never terribly afraid, but I would turn a light on before I would go into the kitchen—that kid kind of afraid. Now I can walk into a pitch-black room and do things because there's nothing out there. Does that make sense?"

In a way. A very poignant way.

"Well, it's a random universe," Sally continues. "Just a random universe. It's just a series of things coming together that have no rhyme or reason. Good things happen, like success. Life isn't fair. Perfectly wonderful people create great works of art and are never noted for it, and perfectly awful works of art get a great deal of publicity and make a person terribly famous. It's just so random."

Was she always so tough-minded, even before Allison's death?

"You do make steel through fire."

Still, her friends claim there is another, more lighthearted side to Sally that even grief cannot suppress. "Sally has a whimsical quality that can really surprise you," says Michelle Jordan, a public-relations expert and one of Sally's many close and devoted pals who have been especially protective of her this year. But Dubrow says that Sally can be a lot more of a kook than she appears onscreen. And Sally acknowledges that, surprising as it may seem, inside her there is an "eight- or nine-year-old boy" often bursting to come out. "I'll give you an example," she says, flashing a sudden grin and perking up. "This weekend I gave a speech in Atlantic City, and I noticed that TropWorld had an amusement park. Now, I don't believe most women my age would be particularly interested in that. But I like amusement parks. I was with my daughter and her fiancé, t[illegible] close friends and my husband. And so [illegible] drove the bumper cars, and rode the rol[illegible] coaster. Twice." Suddenly she is smili[illegible] "The hall of mirrors was great fun. I w[illegible] that eight-year-old boy going through it."

Sally confesses she escapes in other u[illegible] conventional ways as well. When she go[illegible] out in public and does not want to be r[illegible] ticed, she has started using disguises, [illegible] cluding wigs and, most efficient of all [illegible] her, contact lenses! Without her trad[illegible] mark red glasses but with special gr[illegible] contacts that make her dark-brown ey[illegible] look reddish, watery and old, she is [illegible] most unrecognizable. "I think there a[illegible] two kinds of celebrities," she declares, h[illegible] opinion based on having interview[illegible] hundreds of the species. "There are t[illegible] people who need the light on them, a[illegible] there are the people for whom the lig[illegible] gets in the way. I think that's me. How [illegible] I know? When I want to go to the sup[illegible] market, I wear disguises. Where do I [illegible] when I have a moment's vacation? To a[illegible] country where they don't run my show."

Yet it is the *Sally Jessy Raphaël* sho[illegible] that remains the center of her life, taki[illegible] almost all of her attention and concer[illegible] During the first eight years of the sho[illegible] she kept her night job as a radio tal[illegible] show host in New York and commut[illegible]

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week to St. Louis for TV tapings. the TV show was moved to New and, finally, three and a half years New York. Dubrow says, "Some- we say, 'Can you believe what done? Where we've come?' "

w she spends hours preparing for lay's taping, and after the program nscientiously assesses her perfor- e with her closest confidants, w and Karl. "Sally really has two nds," Karl says. "She's a very lucky For the good of the show, she has d herself to be completely repack- has had a nose job and, it is ru- , various other nips and tucks.

as all paid off. Sally's show is third ratings, behind *Oprah* and *Donahue*, s coming on strong. Unlike Oprah, loes not own her show, and because , she is not amassing an Oprah-size ortune. It is estimated that Oprah over $40 million a year, while ; annual salary just clears the mil- ollar mark. Does she think Oprah is oo much? "Neither of us should s much as we have. Other people are more deserving. I feel the same way football or baseball players." Then lds quickly, "Do I believe I deserve penny, even though I'm overpaid? do. I know that's a contradiction. ocus, and I work very hard."

ly is best known for shows with strike-a-nerve topics, like "My Daughter Dresses Like a Tramp" or "My Mother Hates Me Because I'm Skinnier." Roseanne Arnold, who admires Sally and is one of the few celebrities Sally enjoys interviewing ("Celebrities? I don't find them generally interesting," Sally complains), has said, "Sally has the best serial killers of them all." Sally says she still doesn't know what topics will get high ratings and is only occasionally "exasperated" that her biggest hits have been about "big-breasted women" and "sisters who married brothers."

What she likes best about her program is its town-meeting quality that allows her to feel the pulse of the nation and to learn what is really on people's minds. "Everything I've learned I probably learned from doing the show," she says. "I know the country's scared. I know we resent that we're probably not going to live as well as our parents lived. . . . I know that our way of handling medical things—and I've been through a lot of medical things—probably doesn't work." She thinks her show is a place where people—women especially—can complain about what they know is going wrong. "Yes, we're in an era of complainers, and it empowers us to know others can complain. I hope when women see another woman yell on the show, they'll know it's all right to yell. . . . But by and large women are still people pleasers who do what their bosses and husband tell them to. Today, though, there is a little more standing up for each other and feeling good about being women." Sally wouldn't mind a bit if she is partly responsible for this new female assertiveness.

Looking ahead, Sally says she wants to simplify her life, yet at the same time admits she has plans for producing TV movies, wouldn't mind doing more evening specials, would like to find time to do more charity work, and just maybe do a radio show again someday. Best of all, she is looking forward to J.J.'s complete recovery and the wedding of her thirty-year-old daughter Andrea. "This will be the only wedding we're going to give, and I'm looking forward to it"—and to grandchildren.

It has been Sally's most difficult year, but she says she has coped with the pain, because of Karl and her family and her friends, and by disciplining her mind, working hard and listening hard. "I've learned that you can get the most amazing nugget of truth out of the most unlikely sources. And that you're doing a disservice if you don't listen. Sometimes someone who you least expect is able to put their finger exactly on something and you get a bit of enlightenment," she says. "Enlightenment comes from wherever it comes from."

Maybe, Sally, that's the real lesson we learn every day from watching your show. ■

the beginning of a beautiful friendship.



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Robbing the cradle

continued from page 123

Sherry did mention something that seemed kind of odd," Carol recalls. "She said several times just before the baby was born, and after she got home from the hospital, she'd noticed a red hatchback car pull into her driveway, then drive away."

On Thursday, March 29, Sherry saw the twins and Heather off to school, waving the last of them good-bye at about nine A.M. A little over five and a half hours later, Josh and Jake were dropped off by the school bus. When they walked in the door, Sherry was sitting in a chair. She looked like she was asleep.

"I said, 'Mommy, we're home!' " Jake later told his aunt Carol. "She didn't answer me, and when I tried to wake her up, Josh saw her blood. He fell on the floor, crying."

Sherry Parker was dead from a single gunshot to the back of her head. There was no sign of a break-in, no sign of a struggle. The only things missing from the house were Sherry's purse containing $200, a few clothes—and ten-day-old Julie.

On the other side of town, Betty Ann Kirk was calling her husband, Craig, with some thrilling news. Weeks past the date she said her baby was due, Betty Ann told Craig that doctors at the local clinic had finally decided to induce labor. Betty Ann proudly announced that at 9:45 A.M.—the approximate time of Sherry Parker's murder—she had given birth to a beautiful baby girl.

Betty Ann already had three children from a previous marriage, but she and Craig had been trying for some time to have one of their own. When Craig announced the news to the waitresses at Perkins, a chain restaurant where he worked as a cook, they were astounded to hear that his wife was already home with the infant. She'd even had birth announcements made up, complete with a picture of herself and the baby.

But several people who saw the picture thought something was wrong. Not only had Betty Ann made a surprisingly swift recovery from childbirth, the baby looked older than just a few hours. And Sherry Parker's murder and the intensive search for her missing baby were all over the news.

On the morning after the crime, a waitress from Perkins was questioned at a police roadblock. She mentioned that some women who worked at the restaurant wondered if Betty Ann had ever really been pregnant.

Within hours, Julie Lynn Parker had been recovered from the Kirk home. Her dark head of hair had been shaved off, but she was in good condition. In Betty Ann's red hatchback, the Lee County sheriff's department found several birth announcements, including Julie's, from the local paper. Stuffed under the driver's seat was notepaper on which Betty Ann had written the addresses of several families in the area with brand-new babies.

Betty Ann Kirk had stalked Sherry for days, perhaps weeks, before the murder. "My sister was so friendly and naive," says Carol, who believes that Sherry talked with Kirk at a local mall a few weeks before Julie's birth. "If this woman came to the door and said, 'Hi. Remember me? I saw in the paper you had your baby. Can I see her?' I know my sister would have let her in."

Police now believe that is exactly what happened, and that the two women had a chat and a cold drink before Betty Ann committed cold-blooded murder. Facing the death penalty, Betty Ann pleaded no contest to first-degree murder and was sentenced to life in prison.

Looking for love

The scenario of Sherry Parker's murder

Says an expert, "Like a rapist who stalks his victim, these women stalk young mothers, thinking, that baby should belong to me."



is a familiar one to experts in infant abduction. According to John B. Rabun, Jr., vice president of the National Center for Missing & Exploited Children, in Arlington, Virginia, Kirk fits the profile of a typical infant kidnapper.

"We have found in tracking these cases that the abductor is almost always a woman of childbearing age who is emotionally immature and compulsive," says Rabun. Surprisingly, in 85 percent of infant kidnappings, the kidnapper is already a mother, but either she or her partner is currently unable to have children. "Frequently, she has suffered a miscarriage in the third or fourth month, then carried on the pretense of being pregnant until her due date. At this point, she had only two choices: confess her lie or come up with a baby."

There are, however, cases of men kidnapping children, whether on their own or with the help of a woman: On July 8, 1991, Terra Ann Ikerd, eighteen, of Aurora, Colorado, was killed by a fa friend, Ralph Takemire, who stol six-week-old daughter and told his that he had gotten the child from a torney for $25,000. Two months Malisa Bouck, twenty-one, of Burt South Dakota, was attacked by a hus who was helping his wife kidnap Ma two-week-old daughter.

When the abductor is a woma prime motivation is usually to hol gether a shaky relationship. "One o underlying currents of all of these ca says John Rabun, "is a horribly fract relationship between the woman an significant other. The baby-to-be i cement she's going to use to hold She's afraid, and often rightfully so, if she tells him there is no baby, the tionship will explode."

A nasty crime

Although infant kidnapping is stil extremely rare event—out of some million births a year, there are twel eighteen abductions—what's new shocking about this crime is tha though it still takes place primaril hospitals, it has also begun to move the home. And what was once a non lent offense has turned deadly.

"Almost all abductors first try ho tals," says John Rabun. "The averag three to five hospitals before the ab tor gets a baby. But with an increa awareness among hospital personnel, crime is being driven right into home. These abductors know the mo isn't going to just hand over the ba and so there is violence involved in percent of home abductions and in percent of abductions from other pla like shopping malls."

Since 1983, eight people have b murdered at the hands of infant abd tors. Among the victims:

Cindy Ray, twenty-three, kidnap on July 23, 1987, as she left an Al querque military-base clinic, by Da Pierce, nineteen, who had convinced husband that she was pregnant. Pie drove Ray to an isolated area, strang her into unconsciousness and perform a caesarean section using a set of ke While the mother bled to death, Pie went to a nearby road, flagged down a and claimed she had just given bir The next day, when Ray's body w found, Pierce was arrested.

Beverly and Joseph Gibson, of Dov Delaware, were murdered in their hor on Christmas Eve 1987, by Joyce Lyn thirty-five, who had seen their infant s at the hospital days earlier. Two wee after the double homicide, Matthew w safely recovered.

The viciousness of these crimes shocking. Although the vast majority infant abductors have no history of vi lence, they can commit acts (continue


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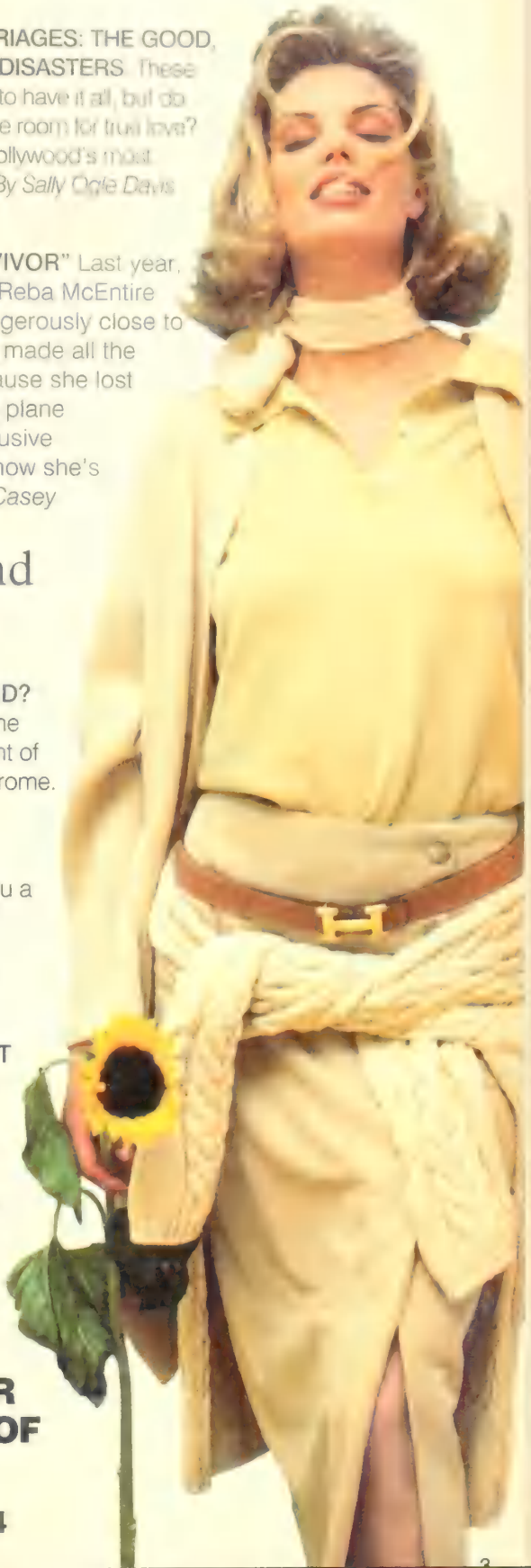
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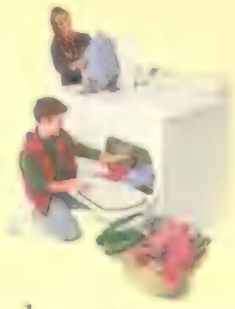
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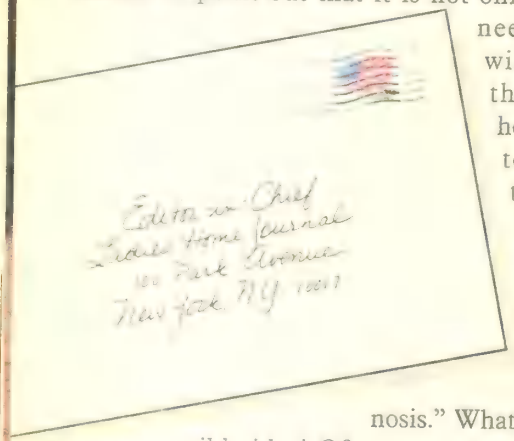
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Important ideas



Readers write to tell me what they like and what they don't like. They also write to share their thoughts with me. Many readers wrote about the "Woman to woman" article we published in our September issue. It was the story of a woman whose husband had injured himself terribly in an automobile accident. He was drunk when the accident occurred, even though he had promised his wife he had stopped drinking. She wondered if she should stand by her man, and most readers said in this case she should not. A couple of women wrote to tell us that when they had become ill—through no fault of their own—their husbands had not stood by them. One woman wrote an especially touching and important letter. She explained that she had multiple sclerosis and her husband had become so distraught by her illness that he had turned to another woman. "At the time I needed him, he couldn't be there for me because he needed help more than I did," she explained. Realizing this, she wrote to her doctor to point out that it is not only the patient who needs help dealing with an illness, but the family, too. In her letter to the doctor, she wrote, "I think we could have been spared so much pain if we had just been referred to a psychologist at the time of my diagnosis." What a profoundly sensible idea! Of course, when one member of a family becomes sick, everyone is affected. How helpful it would be if doctors suggested that family members could benefit from counseling to cope with these new problems. My correspondent concluded her note with "If you can do something to bring this issue to the awareness of others as well as the doctors in this country, then maybe I'll feel better knowing that someone else won't have to suffer as I have." That's exactly what I'm trying to do.



And if you have an important idea you'd like me to share with other readers, please let me know.

Myrna Blyth

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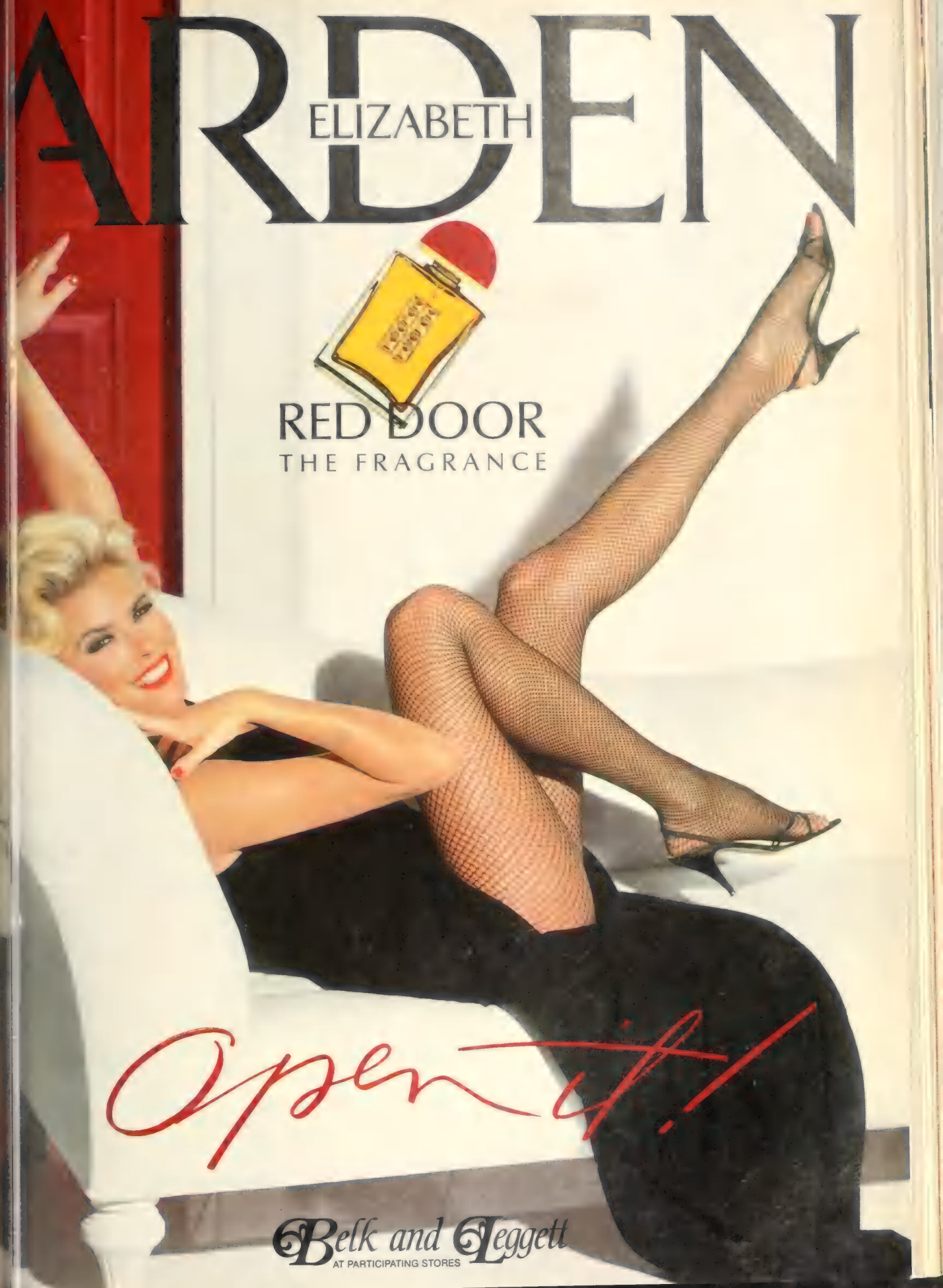
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"We always fight about money"



BY SONDRA FORSYTH

MARY BETH'S TURN "Try to imagine how it feels to know your husband is sorry he ever married you," said Mary Beth, thirty, an apple-cheeked brunet with wholesome good looks. "Oh, Pete doesn't say that flat out, but actions speak louder than words. For one thing, he keeps his money all to himself just the way he did when he was single, and for another, he won't even talk about us having a baby. Does that sound like a man who has made a commitment?

"I admit I was the one who pushed for us to get married. We had been living together for two years, and I was worried that, for all intents and purposes, he was becoming my kids' father. My daughter, who is eight, and my son, now five, were so little when my ex-husband deserted us. They never knew him. So to them, Pete was Daddy. For their sakes, I felt it was time either to make everything legal, or end the relationship.

"Pete finally gave in. He was pushing thirty, and before he met me he had really played the field. When he first asked me and the kids to move into his house, he told me he was surprised how much he wanted to be with me. He had always thought of himself as a confirmed bachelor. But he swore he loved me and was ready at least to try living together.

"Well, the months turned to years, and it was clear that Pete was a wonderful man. Oh, we had our share of differences—he's a neatnik and I'm something of a clutterbug, and he's got more of a sex drive than I do—but basically we got along great. I wonder if we were both making a lot of assumptions and putting up with certain things back then because we hadn't legally tied the knot.

"I'll give you a for instance. We never pooled our money. We never had any real reason to talk about finances since we're each pretty well set. Pete has a good job as a mechanic for Boeing, which is still the mainstay of the economy here in Seattle, especially now that logging and salmon fishing are down. I do all right with my salary as a dental hygienist, plus child support. My ex-husband's employer garnishees his salary, so the checks come right on time. Still, I figured Pete and I would put our money in *(continued)*

THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF ELISABETH M. FINCHER, M.ED., A COUNSELOR FOR FAMILY COUNSELING SERVICE OF TACOMA AND PIERCE COUNTY, IN WASHINGTON. THE STORY REPORTED HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.


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Can this marriage be saved?

[illegible] when we were husband and wife. [illegible] thing we did talk about was having a family of our own, though the discussions were always kind of vague.

"Pete finally gave me an engagement ring for Christmas 1990, and we planned a spring wedding. But in January, the Persian Gulf war started, and Pete, who's in the Marine Corps reserves, was called to active duty. We sat up all night talking and crying. Pete said we had to get married before he shipped out. He was afraid to leave me and the kids unless he knew we'd be taken care of. . . .

"We found a justice of the peace who married us. Pete insisted we open a joint account and arranged for me to have power of attorney. Between Boeing and the army Pete would continue to get a regular salary, and he arranged to have direct deposit into our account so I'd have immediate access if I needed it.

"Then he sat me down at the kitchen table and explained all the finances. Until then, I had paid for the kids' clothes and the food and laundry supplies, but Pete had been handling big-ticket items, like the mortgage and the insurance.

"Three days later he was gone. I don't think I slept a full night the whole time he was overseas. But if I do say so myself, I did a great job of keeping things together. I even improved his bill-paying system and never missed a payment. I was sure he'd be proud of me.

"Now figure this. He gets home, we have this emotional welcome, and the very next day, he closes out the joint account and says he's taking over again. He didn't thank me or say one word about how I had managed.

"In fact, he was furious that I had 'splurged,' as he put it, on a pair of recliners for the den. We had always talked about how much we wanted those chairs but that they were too expensive. I had handled the money so carefully I was able to use some of our income-tax refund to buy them. Instead of being thrilled, he accused me of being an impulse shopper.

"He said he'd had a lot of time to think during the war, and he'd changed his mind about us having a child; he couldn't handle the financial responsibility.

"I know Pete grew up poor. His dad was a logger who made a good living, but with eight kids, there wasn't much to go around. Pete was the youngest, and he's always talking about how he had a paper route from the time he was seven and hasn't stopped working since. Fine, but the past is the past. I know many people were laid off at Boeing when the government cut its defense contracts, but I don't think Pete's job is in jeopardy.

"My family was a little better off than Pete's since my parents owned a stationery store, but we weren't rich. I helped out in the store from the time I was little. It didn't scar me for life. He's *frantic* about money, as if we're going to starve to death.

"Anyway, at first I was very depressed about Pete, but then I talked myself into believing he was having trouble adjusting to being back. I'd try to comfort him, but he never responded. Sometimes we'd have sex, but it wasn't lovemaking. Not the way it used to be. He could have been with any woman.

"In the meantime, I had to stop taking the Pill. For a while, we relied on a diaphragm, but that drove us crazy. Pete didn't want to use a condom. Finally, my doctor suggested I try the new implant. Though it's been in use for about fifteen years in Europe, it's only been available here for about two. Supposedly, it's safe, with a minimum of side effects. Well, maybe it's just me, but I think gaining

"To be perfectly honest, I think I've put up with a lot of things other husbands never would," says Pete.



ten pounds, feeling bloated and growing a mustache qualify as more than minimal. But I put up with all that because the doctor assured me they would subside. Secretly, though, I hoped Pete would agree to have a baby.

"I started to get more and more resentful of the way he was treating me. He's on my back about everything—cleaning the house, doing the laundry; nothing I do is right anymore. The other day I was late going to a meeting at school, and I ran out and forgot to lock the door. I didn't hear the end of that one.

"I really thought this time I had made the right choice. But our life is a charade. There's no love, no affection, just constant bickering. I'd rather be alone with my kids."

PETE'S TURN "Mary Beth has got it into her head that I wish I hadn't married her, but that's not the truth," said Pete, thirty-one, a handsome [illegible] with a full beard. "The war didn't [illegible] me into anything; it just made me [illegible] sooner than I had planned. I loved [illegible] too much to leave her as a single m[illegible]er, and I can't understand why [illegible] doesn't see that.

"But I suppose the war did get us o[illegible] a weird start. As she said, I gave her p[illegible]er of attorney so she could handle ev[illegible] thing while I was gone. But I n[illegible] meant for things to stay that way. L[illegible] she did a fine job, but it was foolis[illegible] spend an entire tax refund on two ch[illegible] I don't believe in splurging unless [illegible] have the resources to do it. To be blu[illegible] don't think Mary Beth is respons[illegible] enough to make important life decisi[illegible] I love her, but she's flighty. She seem[illegible] have more than enough on her hands [illegible] keeping the house clean and the meal[illegible] the table without burdening her w[illegible] other responsibilities. Besides, I m[illegible] most of the money, and I think I sho[illegible] handle it. It's a man's responsibility t[illegible] the provider, and I intend to fulfill [illegible] obligations.

"That's one reason I stayed singl[illegible] long as I did. I didn't want to end[illegible] like my father, always struggling to f[illegible] a huge family. I hated being poor, a[illegible] Catholic or not, I don't think y[illegible] should have kids if you can't give th[illegible] a decent life.

"So I sowed my wild oats in my tw[illegible] ties. But when I hit thirty, I wanted [illegible] settle down with someone special. I [illegible] Mary Beth at a friend's party, and [illegible] was so bubbly and pretty, I let myself [illegible] in love. The fact that she had two li[illegible] kids scared me a bit, but once we star[illegible] living together, I fell in love with th[illegible] too. They mean as much to me now a[illegible] they were my own flesh and blood.

"When Mary Beth saw how good I [illegible] with the children, she started lobby[illegible] for one of our own. I never said yes an[illegible] never said no. I was pretty sure, thou[illegible] that in this economy, two is all we [illegible] handle. What about college? I have [illegible] idea if her ex-husband will pay for th[illegible] What about a wedding for Stacy? A[illegible] one of our own . . . forget it. Sure, my [illegible] seems secure—for now. But you see th[illegible] pink slips all around you and read [illegible] horror stories in the paper; if you [illegible] smart, you don't live beyond your mea[illegible] Besides, if Mary Beth had a new baby [illegible] care for, she'd have to cut back on [illegible] hours, and that means even less money[illegible]

"This baby thing is ruining our s[illegible] life. Mary Beth has this idea that [illegible] you're not going to have a child, th[illegible] you shouldn't make love. I heard all th[illegible] when I was growing up, too, but I do[illegible] agree with it. Besides, I was celibate [illegible] that desert for five months, and I admi[illegible] came home wanting to make love two [illegible] three times a day. Of course, I don't wa[illegible] her to be feeling *(continued on page 2*


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"I know I haven't been myself since I got back. I'm jumpy and I have nightmares. I don't know what to do about it. But I do know she's making a mountain out of a molehill about this money stuff. Before I went away, we did just fine.

"To be perfectly honest, I think I've put up with a lot of things other husbands wouldn't. The sex is one thing; there's also the fact that Mary Beth is a total, well, slob. It's not just that she leaves junk everywhere. She does stuff that is totally irresponsible and sometimes even dangerous. She'll leave her curling iron plugged in all day or the front door unlocked. I've talked to her over and over again about this, but nothing changes. Which is why I'm not thrilled about letting her handle the money. I still think she was rising to the occasion, so to speak, and, on a regular basis, I'm not convinced I could trust her.

"You know, now that I'm here saying all this, I really don't know what she's all worked up about. I don't want a divorce, though Mary Beth seems intent on heading us toward one."

THE COUNSELOR'S TURN "I would have phrased it differently than Pete did, but this marriage did get off to a bad start," said the counselor. "However, this couple would have had problems even if the war hadn't pushed up their wedding date.

"Though they had lived together in what they honestly believed was a trial marriage, like many couples in a similar position, they had not actually given their relationship a fair test. Assuming that love conquered all, they had failed to discuss the nitty-gritty aspects of their marriage—primarily issues relating to money and children—that are key to a strong relationship.

"For instance, they had never talked about money or how it would be handled, how much they should save or what kind of budget they needed. If they had, Mary Beth would have realized early on that Pete's need for financial security, as well as his entrenched belief that a man must be the provider, had to be confronted. They might have realized that Pete's reluctance to let her handle the money had a lot to do with what he saw as her irresponsible behavior—leaving the door unlocked, for instance. They also had never discussed their hopes and dreams for the future, which included how large a family they wanted to have.

"My job was to first get both of them to identify the sources of their conflict and then help them learn to reach a mutually satisfying compromise. To do this, I asked each of them to write down their responses to a set of questions adapted from a premarital counseling program of the Association of Unity Churches. Among the questions: Who should manage the money in your relationship? How much money every month should each partner contribute to the family account? Do you want to put your savings aside first? The questionnaire also touched on life-choice issues, for instance: How often do you want to have sex? How many children would you like to have? What personal habits of your partner do you find annoying? Which habits of yours bother him? The point of the questionnaire is not that you and your spouse should agree on everything, but that you should be aware of your differences.

"Mary Beth and Pete took this assignment very seriously. They not only came to the next session with answers to every question, but they had taken the time to highlight and talk about their disagreements. At this point, I was able to show them that Pete's need for security was prudent, albeit slightly exaggerated. I suggested that they spend several weeks writing down how much each of them spent each day so they could see where their money went and then p... workable budget. Once they did, ... was relieved to see that they were ac... ly in better shape than he had imagi... He relaxed his grip on the purse str... and allowed Mary Beth to share in... financial decisions. The one stipulat... She had to make every effort to p... her maturity by being less careless a... those things that irked Pete. Mary ... agreed, since she now understood ... her behavior, which she had alw... thought rather harmless, had seeme... Pete immature.

"I then began some of the more d... cult work: looking into the sourc... their conflicts. For several weeks ... talked about their families of ori... and it became clear that Mary Beth ... ally hadn't felt the pinch of povert... the same way Pete had. Nonethe... she had been convinced their ba... grounds were similar. 'Just because ... were both raised in large Catholic f... lies doesn't mean your experien... were the same,' I told her. Gradua... she felt more compassion for Pete ... was able to understand why the m... thought of having his money mism... aged could indeed cause him m... anxiety. She was then able to reas... him that she respected his poin... view and would be prudent and ho... in her dealings with the finances. ... simple assertion brought a visible l... of relief to Pete's face.

"At this point we were able to ta... the subject of having another ch... Mary Beth told him that the biggest ... son she wanted a baby was that she lo... him so much and wished on some l... beyond reason that she could bear ... child. Pete, the tough marine, ... moved to tears.

"Pete was having very real adjustm... problems related to his service in ... Gulf war. It isn't necessary to actuall... engaged in combat to suffer stress fro... war. At my suggestion, he joined a gr... led by another psychologist for veter... and Pete has found it comforting to ... to others in similar situations. His ni... mares have ceased, and he and M... Beth have once again begun to enjo... loving sex life.

"This couple ended counseling aft... year. The last time I spoke with M... Beth, she told me she had had the bi... control implant removed—with Pe... blessing—and she was hoping to be p... nant soon."

CAN THIS MARRIAGE BE SAVED ... a registered trademark of Meredith Corporat... Editor's note: The questionnaire the co... selor adapted in this column is called "Q... tions of Relationships," by the Reverend ... Fisher and published by the Association ... Unity Churches. If you would like a co... call 816-524-7414, extension 333.

Skill builders
Ending the money wars

Like Mary Beth and Pete, many couples find that family finances are a prime source of friction. Given the current economy, this issue is more prevalent than ever.

If you and your partner are fighting about money, it's important to be less emotional and more businesslike. Avoid blame and name calling: "You spend money like a drunken sailor" gets you nowhere. Sit down together with bank statements, pencil, paper and calculator. Make a realistic budget, decide who's going to handle which payments and be sure to put some money into a personal spending account for each of you. No matter how tight things are, save a small amount for pleasure. Even if you go to a movie once a week or go out for cheeseburgers—just the two of you—you'll feel better about your relationship and life in general.

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"I had Siamese twins"



By the time our daughters, Page and Sara, are old enough to be told about their unusual birth, the memories of those first traumatic months of life will be as faint as the scars that line the front of their bodies. We will explain that they were once conjoined (Siamese) twins; but more important, we will tell them that they are very special people—and far luckier than most children in their situation.

Joined at the chest and stomach, my daughters needed a miracle to lead a normal life. They got one

BY KIMBERLY JOHNSON

Our quiet, happy family life today seems far removed from the turmoil we endured beginning in November 1991. My husband, Tom, and I were recent newlyweds; I had just entered nursing school, and he was completing his political science degree at North Dakota State University, in Fargo, while working as a sales assistant in a hardware store.

Several weeks after our honeymoon, unmistakable physical symptoms told me I was pregnant. We were both pretty stunned—at twenty-one, we hadn't planned to start our family quite this soon. But before long, our dismay was replaced by joy, and we eagerly planned for our future. I left school and took a job as a nursing assistant.

In every way, this appeared to be a normal pregnancy, and my first ultrasound showed nothing out of the ordinary. Then, when I was about five months along, my doctor, Michelle Von Rueden, told me, "I think you may have twins, but you don't seem as big as you would be for a multiple birth." She sent me for a second ultrasound one week later to confirm her suspicions.

This sonogram seemed to take forever, but the technician wouldn't tell us what he saw. We were annoyed, but assumed that only a doctor was qualified to tell us that we were having two babies. Later that afternoon, we returned to Dr. Von Rueden. Looking concerned, she said, "Well, I was right. You are having twins—but there are complications. They're Siamese twins."

The office was dead silent until the doctor spoke again: "I don't know how you two are feeling, but if it were happening to me, I'd be surprised." We were too numb at first to feel upset. I didn't know what to think. Would my babies live? If they did, would they be considered freaks?

Dr. Von Rueden admitted that she had no experience in this type of birth abnormality—in all her general medical books, she could only find a few sentences about Siamese twins. But she recommended that we see Dr. Judith Ney, a perinatologist at the Mayo Clinic's high-risk pregnancy unit, in Rochester, Minnesota. The renowned hospital would be better equipped to handle our medical care.

We went home and called our families. Once they recovered from the initial shock, they were supportive and optimistic. Nonetheless, the two weeks before my first appointment at Mayo seemed endless as we grappled with our overwhelming anxiety. There were times when I couldn't stop the tears from coming, but I tried not to fall *(continued)*

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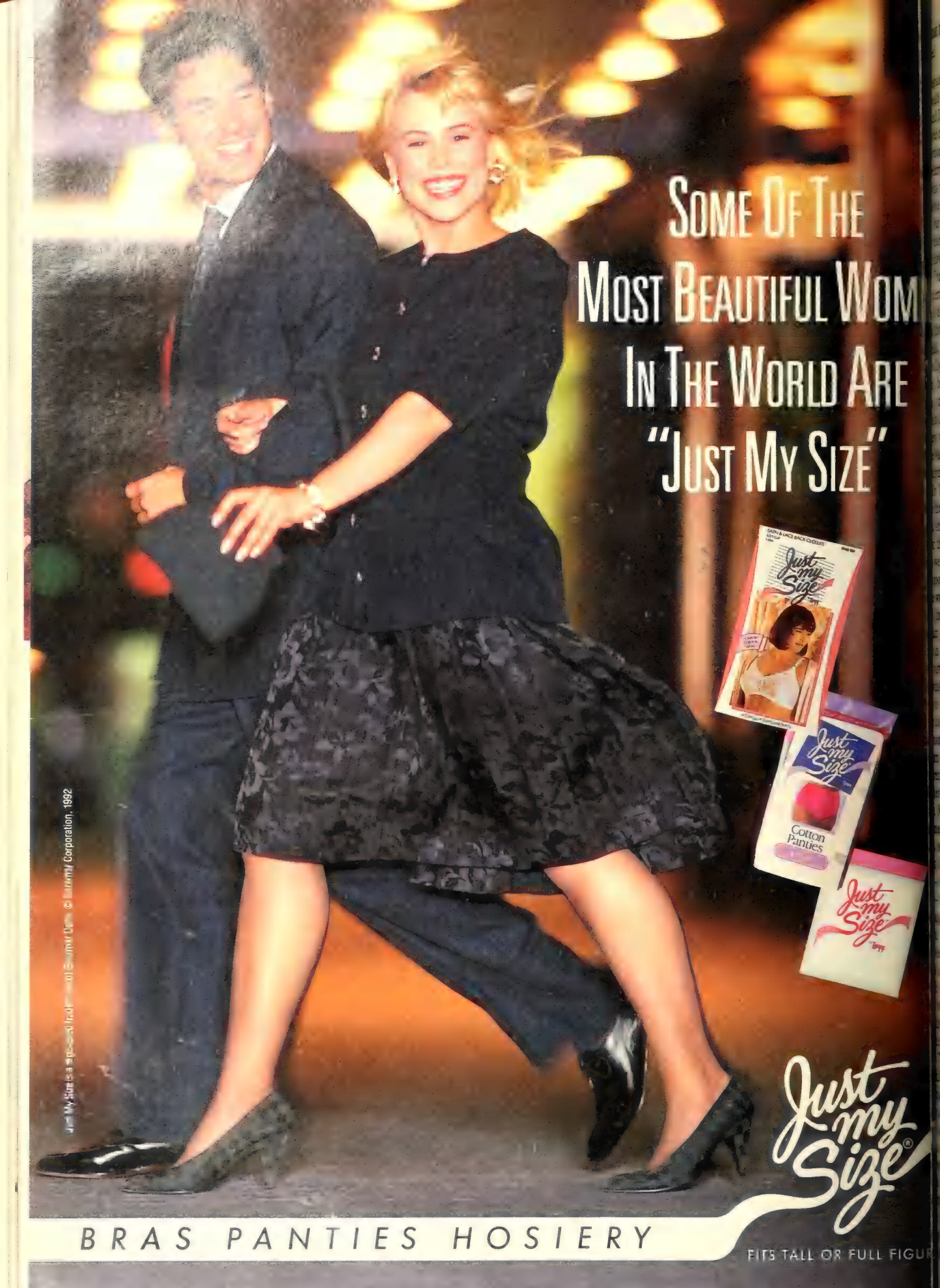
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espair too often. I was afraid my ba- ould somehow sense my unhappi- nd I wanted them to know that I ved them.

ortion was never an option for us. eferred to hang on to the hope that ins would survive, even if it was sible for them to be surgically sepa- Our greatest fear was that, if they sharing vital organs, one baby have to die in order to save the Tom even went so far as to look neral arrangements.

uldn't talk about worst-case sce- , though. In fact, for a while I was ial, choosing to believe that there ally only one child inside me. I n't bear the thought of carrying two , only to lose one of them. It was th in God that gave us the strength pt whatever the future held.

Mayo Clinic had more sophisticat- uipment than the hospital in Fargo, r. Ney was able to see precisely the twins were attached. After my , she saw us in her office. Expecting r the worst, we were dumbfounded we heard her say that the babies good chance of survival.

went on to explain that conjoined (the term "Siamese twins," though ar and widely used, is inaccurate) in one in every two hundred thou- irths. Genetically, they are identi- ins, born from a single embryo that o divide completely. Because of condition—many of them share on organs—and their tendency to rn prematurely, 75 percent of these en don't live beyond one day.

ere are five types of conjoined . Most are joined at the chest and nen, some are connected at the but- others at the pelvis or thigh, and a the head. Our babies had the fifth -fused from the navel to the breast- —but their liver was the only organ ppeared to be shared between them. ll the types of conjoinment, this is ast complicated," Dr. Ney said. I huge burden being lifted from me.

e doctor said there was every hope oth babies would live; they were hy, growing and equally large, so er twin was receiving more nutri- They could also be separated suc- lly, since the liver can function and erate when a portion of it is re- d. Mine would be the first living ined twins to be born at the Mayo c, and the first to be separated.

cause this was a high-risk pregnancy, to go on immediate bed rest after I ned home, getting up only to see Dr. Rueden every week. When their were fully developed, the babies d be delivered by caesarean section.

Seven weeks had passed when, during my next scheduled visit to Mayo, Dr. Ney detected contractions and said I was going into premature labor in my sev- enth month. I now had to stay close to the hospital for observation until the de- livery. I chose to spend part of the time in Mayo and part in a nearby motel, be- cause I felt tense in the busy hospital. Members of my family visited and helped run errands for me.

Being away from home was the hard- est part. The drugs I was taking to pre- vent labor made me nauseated and miserable, and I missed Tom. Fargo was a six-hour drive away, and he couldn't miss too much work or school.

On June 12, 1992—one month before my due date—an ultrasound revealed that the babies had twisted away from each other. Until now, both heads had been located down by my pelvis, but one was now pointed toward my breastbone. If they twisted too far apart, the liver might rupture, which could be fatal for both. They had to be delivered at once.

Tom was visiting at the time, so he was by my side when Page and Sara were born that afternoon, weighing a little over nine and a half pounds to- gether. "You have two beautiful baby girls," Dr. Ney said. I had to take her word for it: They were rushed away for tests before I could see them. But though we were happy that we had our daughters, I cried when I first saw them—both because they *were* beauti- ful, and because of the surgery that they would be facing.

The news was wonderful—the girls were alert and healthy, and needed no special care or medicine. Better still, a CAT scan showed that both of them had *all* their individual organs—even their livers. (Because the livers were fused, though, they had appeared to be one or- gan on the ultrasound screen.) The sepa- ration surgery would be a delicate procedure, but the chances for success were excellent.

It was at this point that Dr. John Wes- ley, the surgeon who would be coordinat- ing the procedure, took over. His first concern was preparing the girls for surgery. Once separated, they would need extra skin to cover the gaps, but skin grafts are complicated and leave large scars. Instead, Page's and Sara's own skin would be stretched to make it fit the deep, C-shaped incisions.

On June 30, a plastic surgeon implant- ed tissue expanders under the skin on ei- ther side of their abdomens. Over the next several weeks, a saline solution would be injected into the expanders to swell them gradually, as a balloon does when filled. During surgery, the im- plants would be removed, and the ex- panded skin would be sewn into place.

Three days later, Sara, Page *(continued)*

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continued

and I left the hospital to stay with my parents in Duluth for a month. I hated being away from Tom yet again, but my family's house was close to a clinic where a plastic surgeon, who had trained at Mayo, could administer the saline injections and monitor the girls' progress.

The twins' everyday care was complicated. Nursing was a difficult trick: While one baby was being fed, I'd have to support the other with my arm. After two frustrating weeks, I put my breast milk in bottles, which was easier on all three of us because both girls could eat at the same time.

Page and Sara slept pretty soundly during the day, but at night, they were restless and tended to hit and kick each other into waking. If one became fussy, I'd have to bounce both of them around. No infant car seat would hold them, so when we took them on trips, I had to hold them on a pillow on my lap. Then there was the annoyance of fending off the local newspaper and TV reporters who wanted to interview me and photograph Page and Sara. I didn't want any publicity for them until after they had safely recovered from the surgery.

In the meantime, the doctors at Mayo were rehearsing the separation surgery in advance—using a computer. The surgeons fed the data from the girls' CAT scans into a new software program called ANALYZE. The program, which was created at the hospital, uses input data to produce lifelike 3-D images of a patient on the computer screen. By moving the images, the doctors could see precisely where they were joined and how much skin was needed to close the incisions. Then they used the computer to simulate the separation procedure.

The girls were ready for surgery on August 26. Two separate surgical teams—including four surgeons per baby—performed the six-hour procedure, using color-coded monitoring equipment for each girl. They cut through the skin and muscle wall, separated the diaphragm muscle, then proceeded to cut apart their fused breastbones. The most challenging part was disconnecting the girls' livers; once they were apart, the rest went like clockwork.

Page's surgery was a little more complicated than her sister's. As sometimes happens in female infants, one of her ovaries had a cyst, which had to be removed. In addition, because the babies' bowels developed so closely to one another, Page's wasn't in the right position, so the doctors had to adjust it. But she was strong, and she came through beautifully.

It seemed so miraculous to see our babies in two separate cribs, and when I picked them up individually for the first time, I couldn't believe how light they were, at ten and eight pounds! Dr. Wesley asked a child psychiatrist how the separation might affect the twins emotionally. The psychiatrist suggested that it might be more comforting for them to sleep in the same crib, so Page and Sara were moved together once more for the rest of their hospital stay.

The girls were ready to go home ten days after their separation. Taking care of them now was a little scary. Before the surgery, I'd almost felt as though I'd been handling just one baby; now that they were individuals, it was like starting over as a mother again. I was always grateful when someone could help me out.

Today, Page and Sara are no differ from any other identical twins. At months, they're both growing and de oping according to schedule. Sa smaller, but hungrier, more spunky demanding; Page, who has more hai laid-back and quicker to master skills. I'm enjoying being a full-t mom to them, though I do plan to re to nursing school after Tom receives degree. If we should decide to have n children, the chances that I'll have other set of conjoined twins are greater than anyone else's.

Since the surgery, they've had no cial medical care (although Page may dergo surgery later to create a na because their shared navel was give Sara), and unlike most conjoined c dren, they can look forward to a long healthy life. Their medical bills w high, but fortunately, the North Da Medical Assistance program paid most of their care, and Tom's hometo of Ellendale, North Dakota, held a fu raiser to help with our other expenses.

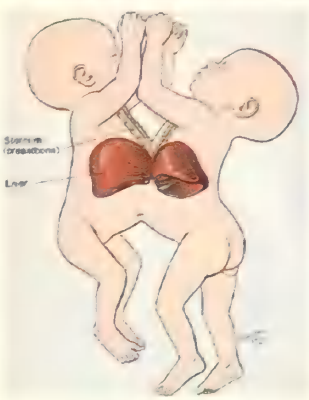
Apart from some media attent shortly after we took the girls home, excitement has died down, and we're ing pretty much like any other fam After a while, few people will even member that my babies began their li connected to each other.

When we first heard the news ab our daughters, we thought it was worst tragedy anyone could face. The the hospital, we saw parents whose c dren were terminally ill, and we reali just how lucky we really were. It does matter that Sara and Page were born w a rare birth defect. What matters is t they're healthy and in my arms now.

SEPARATING TWINS

Conjoined twins first sparked public curiosity in the nineteenth century when P.T. Barnum displayed Chang and Eng—conjoined twins from Siam—in his exhibit of oddities. Today, however, "Siamese twins," or conjoined twins, can hope to live normal lives.

How are conjoined twins formed? Within the first two weeks after conception, a developing embryo will separate, resulting in two identical twins; conjoined twins result when the embryo does not divide completely. The presence of conjoined twins can be detected as early as the twelfth week of pregnancy, and CAT scans can pinpoint where the twins are joined.



If the twins have separate, healthy limbs, hearts and pancreatic systems, like Page and Sara, the chance of their being successfu split is good. In some instances, surgeons must reco struct the intestinal or genitourinary tracts of one or bo infants who share a common system.

Twins joined at the chest (thoracopagus) or abdom (omphalopagus) are the ones most often successfu separated, although other remarkable surgeries ha been done. One ground-breaking case in 1987 involv two German boys joined at the skull and sharing the p mary vein of the brain, the sagittal superior sinus. T boys survived and are back at home.

But even nonseparated twins can go on to lead re sonably normal lives. Yvette and Yvonne McCarthe twins who were joined at the head, were, until the death last January at the age of forty-three, among t oldest living nonseparated twins. And Chang and Eng who could have been successfully separated, had the been born today—lived to be sixty-two, married a pair sisters, and fathered twenty-two children.

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[1]Difference in mean plaque removal after a single brushing.
[2]Floss daily.

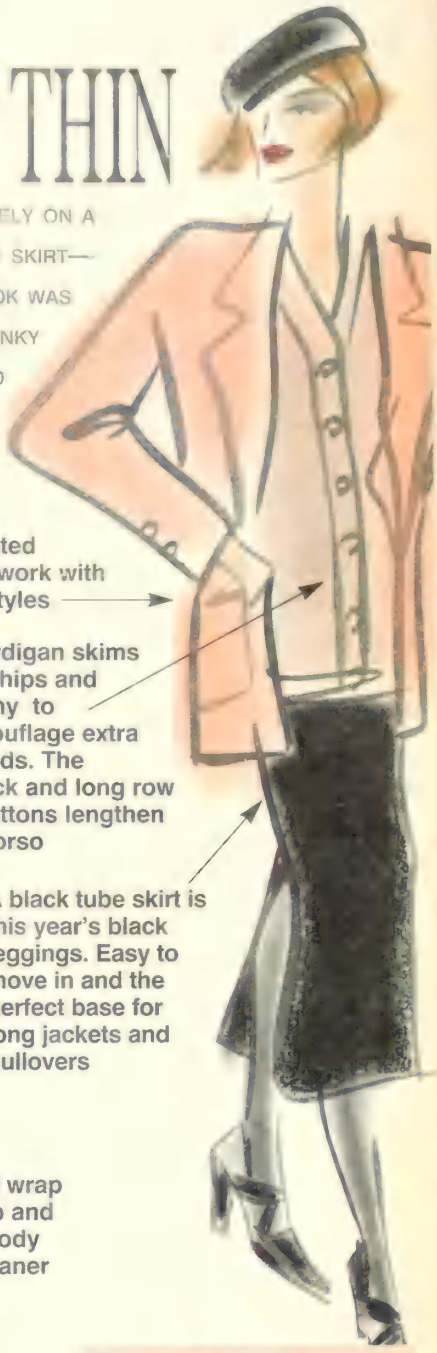
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How to dress five pounds thinner, a great makeover and more

NEW TRICKS FOR DRESSING THIN

FOR YEARS WOMEN HAD THE PERFECT FORMULA FOR PARING POUNDS: YOU COULD RELY ON A LONG, TAILORED JACKET WITH A CRISP SET OF SHOULDER PADS OVER A SHORT SLIM SKIRT—BLACK, OF COURSE, WITH BLACK OPAQUE HOSE—TO TAKE OFF FIVE POUNDS. THE LOOK WAS POLISHED, ELEGANT, ALWAYS APPROPRIATE. BUT FASHION HAS CHANGED—LONG SLINKY SKIRTS AND KNIT SWEATERS ARE NOT EXACTLY SLIMMING—OR ARE THEY? WE ASKED FASHION PROS AND TOP DESIGNERS FOR THEIR DRESS-THIN STRATEGIES AND EXPERIMENTED WITH THE NEW STYLES TO FIND FORMULAS THAT YOU CAN COUNT ON



FASHION FORMULA #1

Ribbed bodysuit, toned to skirt
+
long, narrow wrap skirt
+
Chunky high heels and toned hose
+
Sweater around the shoulders
+
A chain belt



Ribs give a pullover a firmer texture, which subtly gives the body a sharper contour

Last year's single-breasted jacket *does* work with this year's styles

A cardigan skims over hips and tummy to camouflage extra pounds. The V neck and long row of buttons lengthen the torso

A skirt with no waistband reduces bulk and elongates torso

A black tube skirt is this year's black leggings. Easy to move in and the perfect base for long jackets and pullovers

chain belt that drops just below the waist on't emphasize any midline flab. A double rand even hides tummy bulges

An asymmetrical wrap draws the eye up and down so lower body seems longer, leaner

A slit adds body definition and ease of movement

Platform pumps and hose toned to skirt add inches to your legs

Donna Karan, designer:

Q. What's your best dress-thin strategy?

A. Accentuate the positive and delete the negative is my motto! Tying a cardigan around the shoulders draws attention away from the lower body; wrapping a sweater around the hips is a perfect camouflage!



FASHION FORMULA #2

A long, easy jacket
+
A V-neck cardigan
+
A long, stretchy tube skirt
+
Chunky high heels and toned hose

▶


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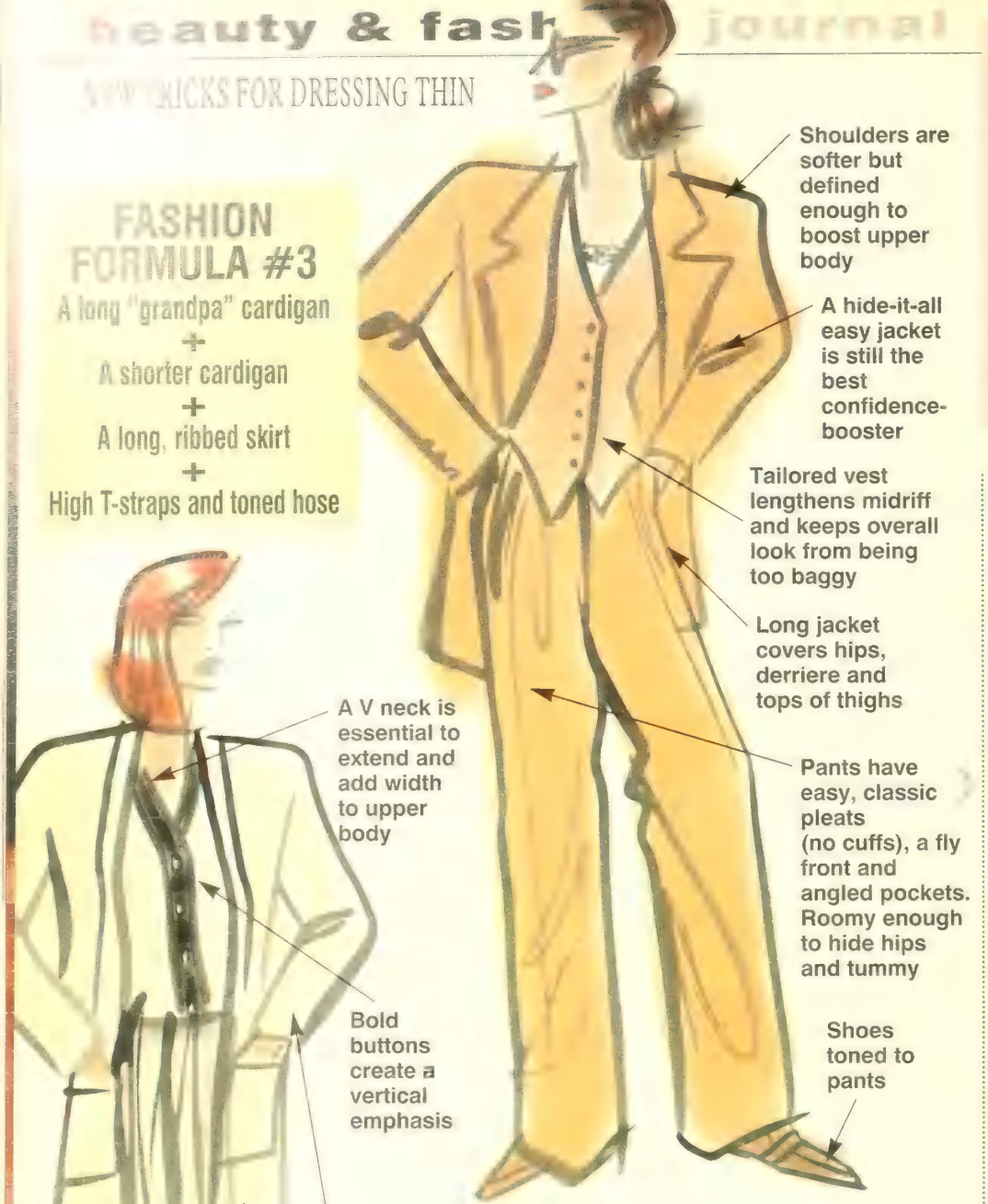
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TRICKS FOR DRESSING THIN

FASHION FORMULA #3

A long "grandpa" cardigan
+
A shorter cardigan
+
A long, ribbed skirt
+
High T-straps and toned hose



FASHION FORMULA #4

A camisole-style bodysuit
+
A vest
+
A long, easy jacket
+
Pleated slouchy pants that match

5 NO-FAIL DRESS-SLIM TIPS

Anne Keenes, senior vice president and general merchandise manager for Saks Fifth Avenue, says:

1. Toning clothing head-to-toe is a classic look-slim fashion trick. But it's a myth that you must wear dark neutrals to pare pounds. The new pale colors—including camel, melon and banana—give the same effect.

2. Substitute a long cardigan or a vest under big, easy jackets to avoid cutting the body in half at the waist.

3. A bodysuit and control pantyhose should be wardrobe essentials to ensure a bulge-free line under everything.

4. You want to elongate your neckline and upper body with V necks, and lengthen your legs with higher, chunkier heels.

5. The top fat traps to avoid:

- nude or contrasting hose
- flat shoes with long skirts
- wearing a light top with a dark bottom, or vice versa
- wide belts

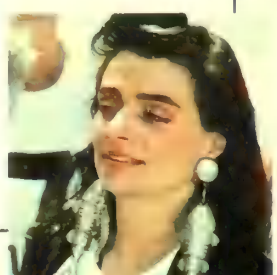
Norma Kamali, designer:

Q. Name your favorite dress-thin outfit.

A. A slouchy matching pantsuit.

Q. Name five items a woman should have in her closet for fat days.

A. Jackets, jackets, jackets, jackets, jackets!



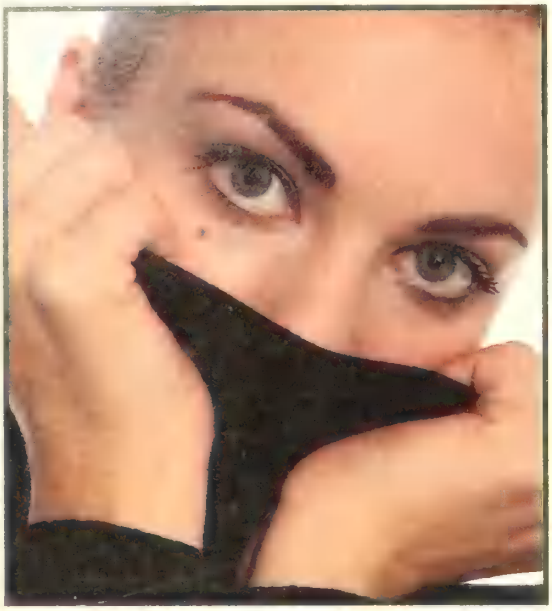

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HOW TO HAVE YOUNGER-LOOKING

EYES, NECK AND HANDS

YOUR EYES, NECK AND HANDS ARE THE THREE BODY PARTS THAT GIVE AWAY YOUR AGE INSTANTLY. THE SKIN ON THESE AREAS IS THIN, AND IS EXPOSED TO THE HARSH, DRYING EFFECTS OF SUN, WIND AND WATER ON A DAILY BASIS. SO IF YOU'D RATHER NOT SHOW YOUR AGE, MEDICAL SCIENCE OFFERS SOLUTIONS THAT *REALLY* WORK





FOCUS ON YOUR EYES Nothing ages you faster than puffy bags under your eyes. According to Mary Ellen Brademas, chief of dermatology at St. Vincent's Hospital, in NYC, the undereye area has the texture of tissue paper. The skin becomes looser as you get older, and since it has only a very thin layer of collagen, it's sensitive and prone to puffiness.

To minimize puffiness, look for soothing eye gels with herbal extracts, such as Pond's Revitalizing Eye Gel with Vitamin E. Follow with an eye-makeup routine that draws attention away from bags, lines and puffiness. Here are tips from makeup pro Mathu Andersen:

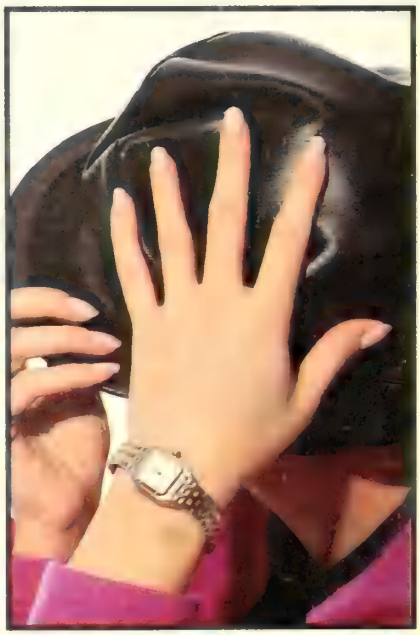
Apply concealer a shade lighter than your skin tone to the area underneath the bag; avoid putting makeup on the bag itself. Use a soft brown or neutral matte shadow on the lid and dark liner on the upper lid. Add mascara to the upper lashes only.

HANDS TO HOLD ON TO Brown spots are the biggest age giveaways for hands. To remove them permanently, laser surgery is the best option, says Roy Geronemus, M.D., chief of the surgery and laser sections of the skin and cancer unit at New York University School of Medicine. The cost: $200 and up.

There are also new gels on the market that can lighten brown spots. The best: Murad's Age Spot and Pigment Lightening Gel, which combines glycolic acid (an AHA) with hydroquinone (a bleaching agent) to remove excess buildup of dead cells so that the bleach can reach the melanin more effectively.

DON'T NEGLECT YOUR NECK If you want to improve the appearance of the skin on your neck without resorting to a face-lift, your best bet is a chemical peel, which refines the skin's texture and helps erase lines, says Alan Matarasso, M.D., F.A.C.S., assistant professor of plastic surgery at the Albert Einstein College of Medicine, NYC. A pre-peel regimen of a prescription-strength alpha-hydroxy acid (AHA), a nontoxic substance found in fruit, sour milk and other natural sources, is usually recommended to make the peel more effective. Total cost: $600 to $1,100.

A less expensive, less permanent alternative is to use skin-care products containing AHAs, which can improve the appearance of aging skin. Try Avon's Anew Perfecting Complex for Chest and Neck.



YOUTH IN A BOTTLE

Renova, from Ortho, which has the same base ingredient as Retin-A, is now pending Food and Drug Administration approval as an anti-wrinkle drug. If approved, Renova will be available in an emollient cream base with .05 percent tretinoin by prescription only.

THE SHAPE



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Silk Reflections® SHAPERS™ HOSIERY

MOOTH, SLEEK CONTROL FROM WAIST TO THIGH, THAT MELTS INTO THE MOST ELEGANT LEGS.

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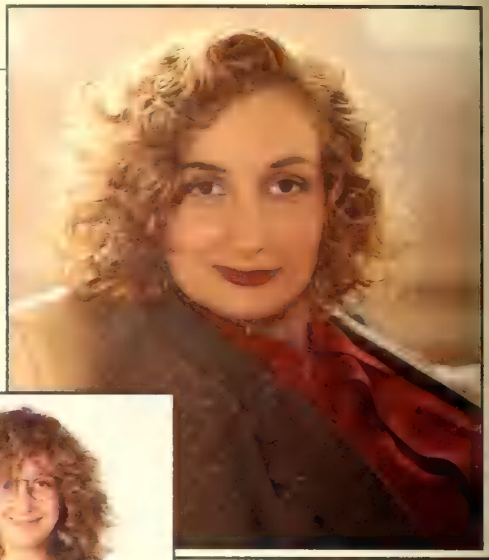


M A I D E


ENFORM INC. FEATURING DUPONT'S LYCRA® SPANDEX
Women's Powers Of Persuasio
VIEW
LIFESTYLE COMICS THEA
N F O R M®

Big-deal makeover

TWENTY-NINE-YEAR-OLD CHRISTINE SPIOTTA IS AN ACTRESS WHO NEEDED A NEW LOOK—A MEMORABLE IMAGE TO BOOST HER CAREER. BELOW, HOW WE HELPED CHRIS EARN RAVE REVIEWS





Chris's story: "Even though I threw out my college clothes years ago, I still had that collegiate look. I want to wear clothes that are unique, that reflect my personality. I've grown to love my very curly hair, and I like my nose and mouth because I think they're distinctive. But I've always felt a bit disheveled."

The pros' solutions: According to top hairstylist Maury Hopson, "Chris's hair had no style. So I cut it to chin length, gave her a side part and used gel to control her natural waves." Haircolor ace Louis Licari warmed up her hair with a golden-honey shade. "The allover honey-blond really complements Chris's peachy skin tone," says Licari.

Then makeup expert Linda Mason gave Chris a stronger makeup to complement her new hairstyle. "I applied a deep, dramatic lip color since so much of her expression is in her mouth," says Mason. "To balance the lips, I strengthened Chris's brows, giving them more shape. Now she has a retro, almost Garbo-like look, perfect for the big screen."

As a counterpoint to sexy makeup and a glamorous retro look, jaunty menswear-inspired clothing and accessories give Chris her own personal style. To develop your signature look:

- Include a favorite trademark item or color in every single outfit. If you love red, always add a shot of it.
- Blend pieces in your outfit in unexpected ways. Wear older and recently purchased items together, never a head-to-toe ready-made designer look. Try a mix of fabrics and textures: a lace ascot with a leather vest, a suede jacket over a crocheted cotton cardigan.



CHRIS'S NEW ROLE: SEXY MOVIE-STAR HAIR, CONTACTS INSTEAD OF GLASSES, FUNKY CLOTHES



SCENT OF A WOMAN

What types of fragrances drive men wild? According to Ann Gottlieb, the industry "nose" who created all the Calvin Klein and Liz Claiborne fragrances, "Scent plays an important part in communicating sensuality. There are three types of scents men respond to most—fruity florals, spicy scents and vanilla-based fragrances." We tested twelve scents from these categories on male LHJ staffers to see their reactions for ourselves:

SCENTS TESTED

SPICY SCENTS: Volupté by Oscar de la Renta, Caliente by Quintessence, Incognito by Cover Girl, Mesmerize by Avon
FRUITY FLORALS: Trésor by Lancôme, Sublime by Jean Patou, Gio by Giorgio Armani, Wings by Giorgio Beverly Hills
VANILLA-BASED: Obsession by Calvin Klein, Realities by Liz Claiborne, Jaclyn Smith's California by Max Factor, Donna Karan New York

MICHAEL BROWNSTEIN
LHJ Ad Director

"I don't like florals—I think women wear them to feel feminine, not to turn men on. I think every scent smells a little different on every woman." Michael's sexiest picks were Obsession and Volupté.

JEFFREY SAKS
LHJ Art Director

Jeffrey's hands-down favorite was Obsession. "This smells sweet and familiar, like vanilla. I like it!" When we removed the blindfold he discovered it's the scent his wife wears! "I generally don't like flowery, powdery, ladylike scents."

RUSSELL ELLIS
LHJ Sales Representative

We gave Russ the sniff test, and he found the florals and vanilla-based scents too subtle, too light. "I like when a woman's fragrance overwhelms me." He was bowled over by Caliente.



Bigger than a panty liner, smaller than a maxi.

New Stayfree Maxi Liner. When a maxi is too much and a liner isn't enough.

The new Stayfree Maxi Liner is as thin as a panty liner but it protects twice as well. So it's just right for all but your heaviest days. The patented Stayfree Ultra Thin core channels moisture away from the surface to



help keep the pad drier. And it's panty-shaped to cover more than those ordinary panty liners. When you don't really need a maxi but you need more than a liner, you need New Stayfree Maxi Liner.

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ULTRA THIN PLUS
MAXI LINER



Martina vs. Colorado

Celebs give Colorado a kick in the Aspen

Hollywood Hubbub: Choose Gay Rights or Aspen Glitz?



Last November, Colorado voters approved a statewide measure, Amendment 2, that prevents the future passage of laws protecting lesbians and gay men against discrimination. The measure also overturned existing gay-rights laws in the towns of Aspen, Boulder and Denver. The approval of Amendment 2 prompted calls for a boycott of Colorado by business associations, vacationers and celebrities who flock to the state's ski resorts. Tennis legend Martina Navratilova, a lesbian and a resident of Aspen, has been passionately outspoken in her condemnation of the law and has said she will leave Colorado if Amendment 2 is not overturned. At her country home in Aspen, she talked with Ladies' Home Journal about the controversy:

Q: What kind of rights are you asking for?

A: The propaganda is that gay people are asking for special rights. We are not asking for special rights, rather we are asking for equality, for the same rights that everyone else has under the Constitution: the right not to be dismissed from a job or to be denied housing simply because of who we are. But now, under Amendment 2, we are denied those rights. This is a very private part of our lives that you should be able to be private about—but that you should not have to lie about.

Q: Your opponents want to use the language of the Colorado measure as a model for similar laws in other states. What's your reaction to this?

A: It's scary. What are they doing in people's bedrooms? Why is it their concern? These people are saying that you can be taught to be gay. Gay people can't be turned straight; the reverse is true, too. And the myth that we're this way by choice is ridiculous. Who would *want* to be gay and be ostracized and prejudiced against for most of their lives? Nobody wants that. It's not a choice.

Q: How do you feel about being a spokesperson for this cause?

A: It's weird. I didn't

(continued on page 48)



HALLE BERRY

QUEEN FOR MORE THAN A DAY

Suddenly, Halle Berry's career has taken off like a comet. A few years ago, she was just another beauty-contest winner in her native Ohio. Now the twenty-four-year-old actress is starring in the new mini-series, *Queen*, based on the story by *Roots* author Alex Haley, (airing February 14, 16 and 18). Berry's big break came three years ago when, after a series of modeling jobs, she landed a part in Spike Lee's *Jungle Fever*. Next came roles in *The Last Boy Scout* and *Boomerang*, with Eddie Murphy; this summer, she's set to appear with James Caan in *The Program* and opposite Patrick Swayze in *Jack of Hearts*.

All these achievements don't seem to overly impress her mother, however. "When I say, 'Mom, did you see my new movie?' " says Berry in her gentle, unaffected voice, "she says, 'Oh, that thing. . . . Oh, yeah, I'm gonna wait till it comes out on video!' "

—MELANIE Berger

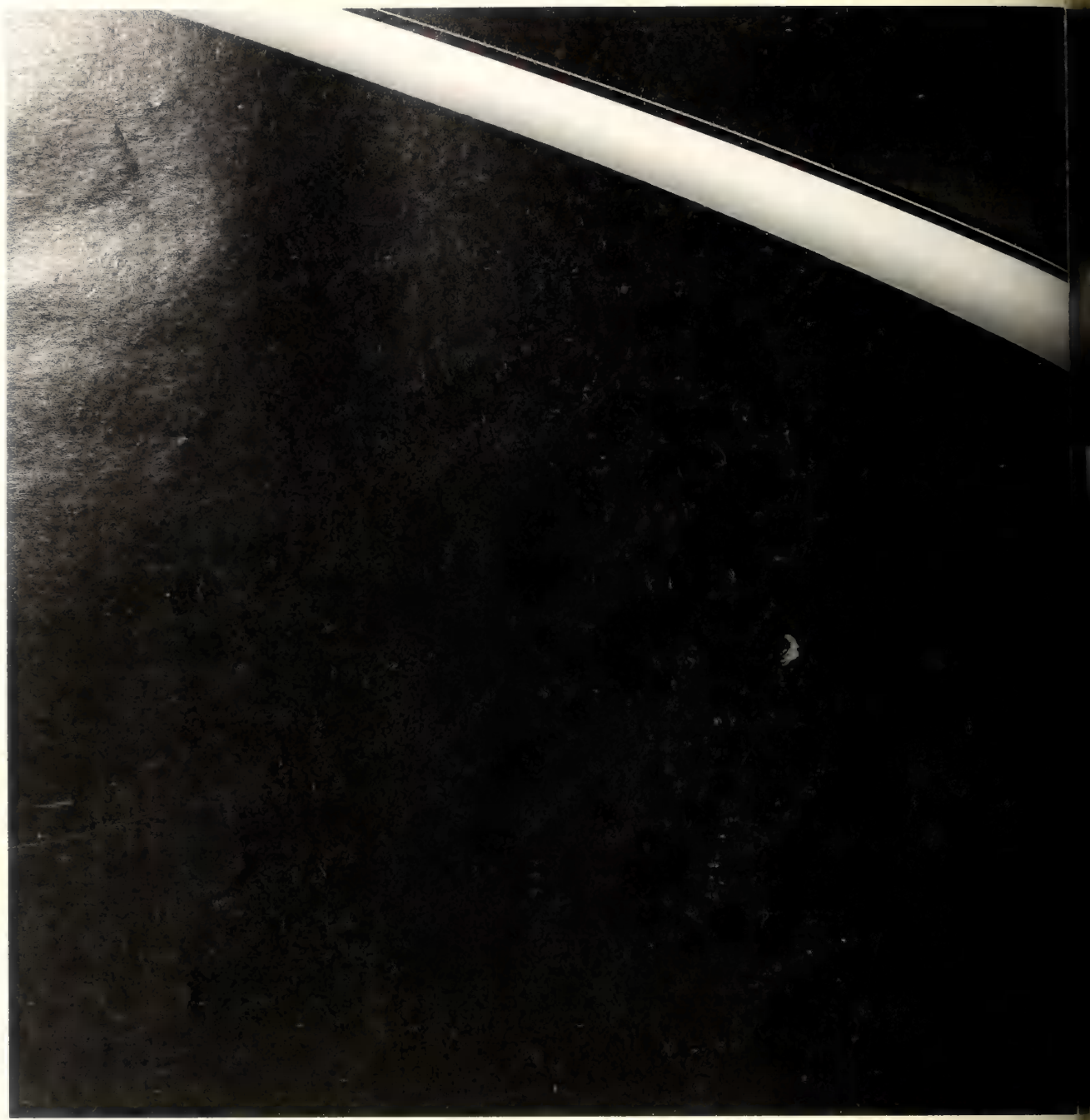


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mphysema, And May Complicate Pregnancy.

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Recently, an independent research firm compared the new $13,000* Nissan *Altima* against the $26,550** Lexus ES 300 to determine which car's body panels were put together with a higher level of precision.

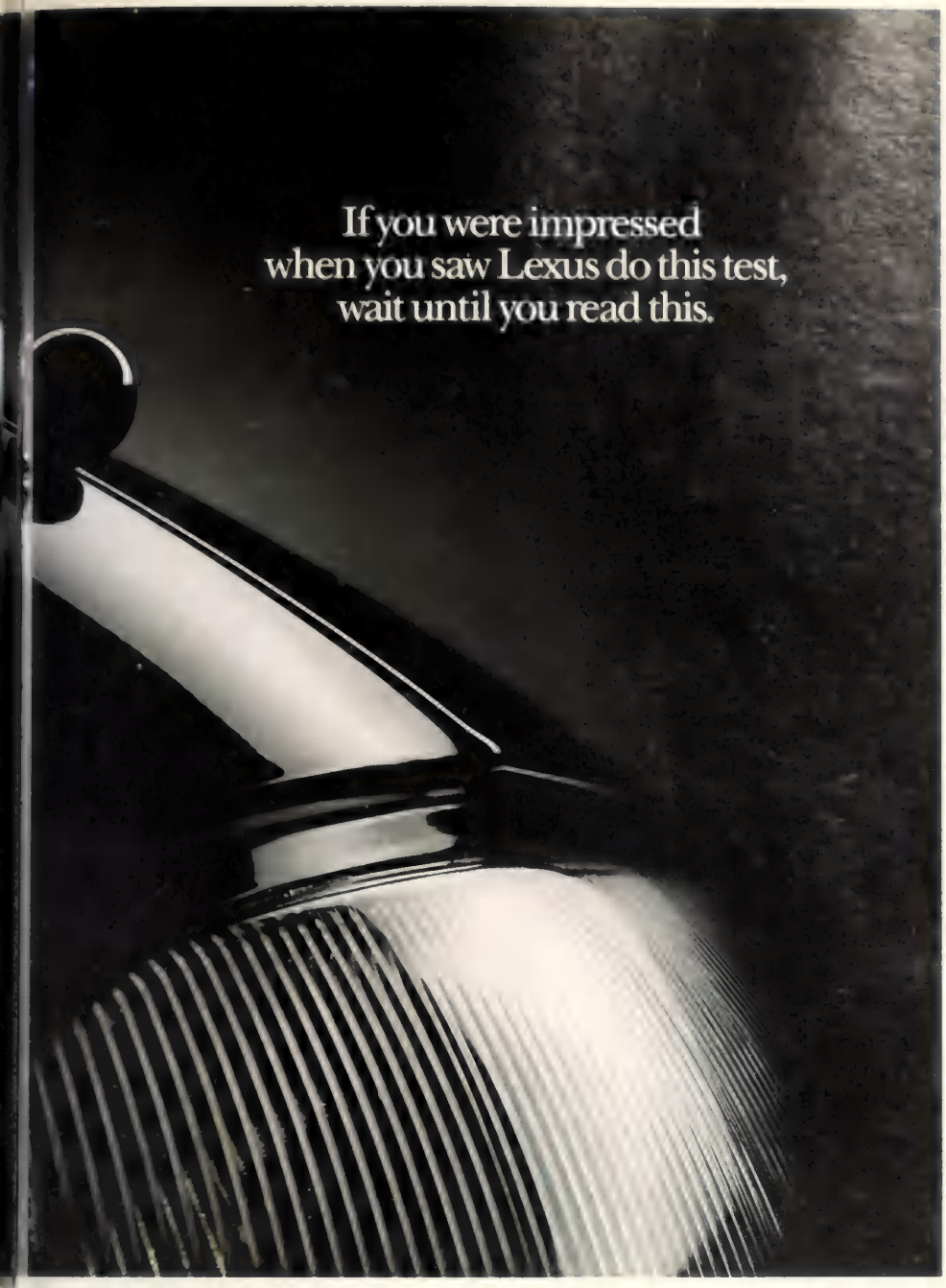
The results were quite astonishing.

Thanks in part to Nissan's state-of-the-art robotic body assembly system and over 3500 precision welds, the *Altima's* tolerances between body panels proved to be every bit as accurate as its stratospherically priced competition's. In fact, the *Altima* is built with such precision that it had an average gap difference of just .018 inches.***

What does this mean in layman's t

It means the c fit snugly, the trun shuts soundly and hood closes perfe It also means the mobile offers such tural soundness th

*Nissan Motor Corporation U.S.A. Smart people always read the fine print. And they always wear their seat belts. *Manufacturer's suggested retail price for 1993 Nissan XE excluding taxes, title, license, destination charges and options. **Manufacturer's suggested retail price for 1992 Lexus ES 300 excluding taxes, title, license, desti*



If you were impressed when you saw Lexus do this test, wait until you read this.

s and rattles are
ly nonexistent.
le inside the *Nissan Altima*'s cabin and you'll see that we let nothing slip through the cracks. The seats have been specially tailored to offer remarkable support. Every control has been thoughtfully placed to assist the driver. All four doors have been triple-sealed to help keep out moisture.



And noise is so minimal that at 55 mph, the *Nissan Altima*'s cabin is actually quieter than a BMW 325is.***

But while the *Altima* delivers total comfort, you can rest assured you won't fall asleep at the wheel. A 150-horsepower engine offers exemplary responsiveness, while its suspension is yet another Nissan engineering marvel. On a slalom course the *Altima* can beat an Acura Legend L Sedan.***

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(Continued from page 42) ask for it, but here I am. And so far, the reaction has been very positive. All kinds of people are calling me, asking me whether I think they should come to Colorado.

Q: What are you telling them?

A: I can't make up their minds for them; what I say is, "If it were up to me, I would either not come here, or I would come and try to help in some way to overturn the amendment."

Q: What would you say to well-intentioned people who are on the fence about whether to vote for something like Amendment 2 in their state?

A: What if your son or daughter were gay? How would you feel if *they* were discriminated against?

Q: In the long run, do you think you'll win on the Amendment 2 issue?

A: I think any kind of prejudice will fail ultimately. In fact, I think that this fight is going to galvanize both straights and gays to pull together.

Q: You defected to the United States because you wanted the kind of personal and political freedom that was missing in Czechoslovakia. Has the passage of Amendment 2 changed your mind about this country?

A: I'm in this country because I love it, because it was free. But now it's not so free anymore. That's why I'm fighting.

Susan Price is a free-lance journalist based in Colorado.

THE MAN WHO BROKE UP DIANA AND CHARLES

A TALK WITH ANDREW MORTON, AUTHOR OF THE MOST CONTROVERSIAL ROYAL BIOGRAPHY EVER WRITTEN

It's been called, variously, one of the most historically significant works ever published, and the longest divorce petition in British history. Well, maybe. But what's indisputable is that Andrew Morton's best-selling biography of the Princess of Wales, *Diana: Her True Story* (Simon & Schuster), which has been made into a TV movie airing this spring, provided an unprecedented intimate glimpse of a royal marriage that led to the official separation of the Prince and Princess of Wales.

The details in Morton's book—the Princess's bulimia, her arguments with her husband—could only have been learned from Diana's closest friends. How did Morton get so close to the Princess's allies?

Last summer, Morton was, he says, summoned by "one of Diana's circle" to an undistinguished café in a working-class district of London. There, he was urged to write the real story. If that rendezvous sounds like a scene from a spy thriller, consider the fact that Morton's office was broken into after one of his royal scoops, and that he routinely uses a scrambler device on his telephone to thwart any would-be tappers.

Yet Morton insists that the Princess had not authorized her friends to speak to him, as Diana's critics have claimed. "Look, if Diana had been behind it all," he says somewhat defensively, "many more of her friends would have been available to me. [But] many people said no."

Most observers agree, however, that Diana's confidants—including Carolyn Bartholomew, a former roommate, and James Gilbey, a former boyfriend—chose Morton because his stories about the Princess had for some years shown a marked bias toward Diana. It's also generally agreed that with the publication of the book, Diana achieved her goal of effectively ending her marriage, while maintaining her title and duties and establishing her own court.

No matter what the Princess's motivation, if any, it's pretty clear that Morton himself was driven by the prospect of a good—and lucrative—story: As Morton told a reporter, "I've gone from being an observer to one of the players." —ADAPTED FROM AN INTERVIEW BY MARK LAWSON, IN THE INDEPENDENT MAGAZINE, LONDON





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FABIO, DARRIN GRAY, JOE ANSELMO, STEVE SANDALIS

COVER LOVERS

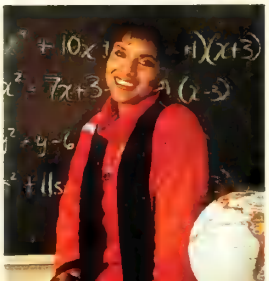
Romance novels used to be infamous for their sensual, somewhat fantastical plot lines; these days they're noted for their sensual, fantastic-looking male cover models. While men have always appeared on the covers of romance novels, it's only lately that they've been featured solo—and have attained celebrity status. "There are more women buyers now, and there are a lot more women editors and publishers," explains Nita Taublib, associate publisher of Bantam Books. "I'd much rather look at a man on the cover." But Robin Lee Hatcher, president of the Romance Writers of America, believes it's the readers who have influenced the trend. "These books are purchased primarily by women, and women don't really care about having a woman in a low-cut dress on the cover," she says. Liz Perl, publicity director of Avon Books, claims that superhunk Fabio, who started the cover-boy trend, is so appealing that his presence on a cover often increases sales. And to prove that he's not just another pretty face, Fabio recently signed a six-figure deal to write three of his own romance novels for Avon. Below, the *Journal* takes a look at Fabio and three other fabulous cover boys. —LAUREN DAVID PEDEN

	FABIO	DARRIN GRAY	JOE ANSELMO	STEVE SANDALIS
AGE, ORIGIN	31; Milan, Italy	28; Ottawa, Canada	24; Carteret, New Jersey	24; Queens, New York
VITAL STATS	6'3", 220 lbs., 48" chest, 31" waist	6'2", 185 lbs., 42" chest, 32" waist	5'10", 185 lbs., 44" chest, 29" waist	6', 180 lbs., 46" chest, 29" waist
NUMBER OF COVERS, BEST-SELLING TITLE	More than one thousand; *Prince of Midnight* (Avon)	A dozen; *Bogus Bride* (Harlequin)	Thirty-five; *Beloved Intruder* (Avon)	Three hundred; *Untamed* (Avon)
WHAT HE WEARS	Rough leather vests or a flowing poet shirt unbuttoned to the waist	Contemporary clothing: "I don't look like Fabio. I don't have long, flowing hair. You won't see ME in a lace bodice"	Nothing. He poses bare chested	A loincloth or pantaloons
ROMANCE SPIN-OFFS	In addition to the book deal, he has his own 900 number (1-900-90-FABIO), a 1993 calendar, workout and self-help videos, motivational books—and possibly even his own fragrance	He's going to be featured on *Shadows: Romances on the Darker Side*, a new line of romance novels by Silhouette, due out this month	Has appeared in a weight-lifting exercise video, in a book of male models, and on calendars	In May, he'll be launched as the spokesmodel for a new line of romance novels and will appear on calendars, posters and bookmarks
FUTURE GOALS	Action-adventure movies with a strong romantic theme	To go to Europe to model	A pre-med student, he wants to be an orthopedic surgeon	Acting
HIS IDEAL WOMAN	"Somebody intelligent. I want to have a conversation"	"Has to be tall. We have to be able to trade sweaters"	"A good personality. Looks, too, of course, but that's not the primary thing"	Someone with scruples, morals and common sense

AN A+ FOR TEACHERS

Phylicia Rashad still remembers how much she was inspired by her high school English teacher, Edwyna Weadon. "You knew she really cared about you. In her quiet persistence, she insisted that we do our best and *never* accepted less," says the forty-five-year-old actress, who grew up in Houston. "When I went on to college, I was an A student because of her. I've always believed in the importance of education and the special role teachers play in our lives." Rashad demonstrates her commitment to this crucial yet undervalued profession when she hosts "Campbell's Portrait of a Teacher," airing on Lifetime Television this month.

The program profiles five exceptional educators from around the country. They include Elaine Anderson, a hearing-impaired teacher at The Florida School for the Deaf and Blind, in St. Augustine, who is a model for her students of what a disabled person can achieve, and Charlie Randall, an orchestra teacher in the South Bronx who provides a safe haven for his students in one of the New York City's toughest neighborhoods. Says Randall, "I use the music as a vehicle for reaching these children. Once you reach them and give them a sense of self-worth and pride, they can achieve academically."—NADIA ZONIS





Do you have any idea how many women experience vaginal dryness? One in four! And since it's not exactly a topic we sit around and discuss openly, I'll bet every one of us thinks we're alone.

Well, vaginal dryness may be perfectly natural—but **it's uncomfortable.**

So, when I heard that **Gyne-Moistrin™** vaginal moisturizing gel **supplements my own natural moisture**, it sounded great. But I wanted to be sure.

I asked my gynecologist for her opinion of Gyne-Moistrin and K-Y Jelly. I even asked about petroleum jelly and hand lotions (which were never intended for vaginal use).

She said Gyne-Moistrin is a pure, clear gel and it contains no hormones or medications. **She recommends it.**

She said she likes Gyne-Moistrin because **it won't seal in bacteria** like petroleum jelly can.

I like it because **it's not greasy or messy.** It feels natural and it soothes the discomfort.

"Now, I have a vaginal moisturizer I can really trust—one made just for me. I like that too. And I'll bet I'm not alone.

"I ACTUALLY THOUGHT I WAS ALONE..."

'til I discovered Gyne-Moistrin™



Gyne-Moistrin Vaginal Moisturizing Gel.
The choice of more and more gynecologists.

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Hollywood marriages

The good, the bad and the disasters

They're gorgeous, successful, rich—but are they happy? An inside look at entertainment's most glamorous couples



Star-crossed lovers (from top): Demi Moore and Bruce Willis, Kevin and Cindy Costner, Jane Fonda and Ted Turner, Maria Shriver and Arnold Schwarzenegger, Annette Bening and Warren Beatty, Liz Taylor and Larry Fortensky, Melanie Griffith and Don Johnson, Michael and Diandra Douglas

BY SALLY OGLE DAVIS

The old Hollywood joke goes something like this: Two kids meet on the school playground: "How do you like your new dad?" asks one. "I had him last year!"

Hollywood marriages—a contradictory, troubling, comic phrase if there ever was one. It conjures up all the scandals we've ever read about—the obvious lack of commitment, the blatant infidelities, the extensive prenuptial agreements, the huge postdivorce payoffs.

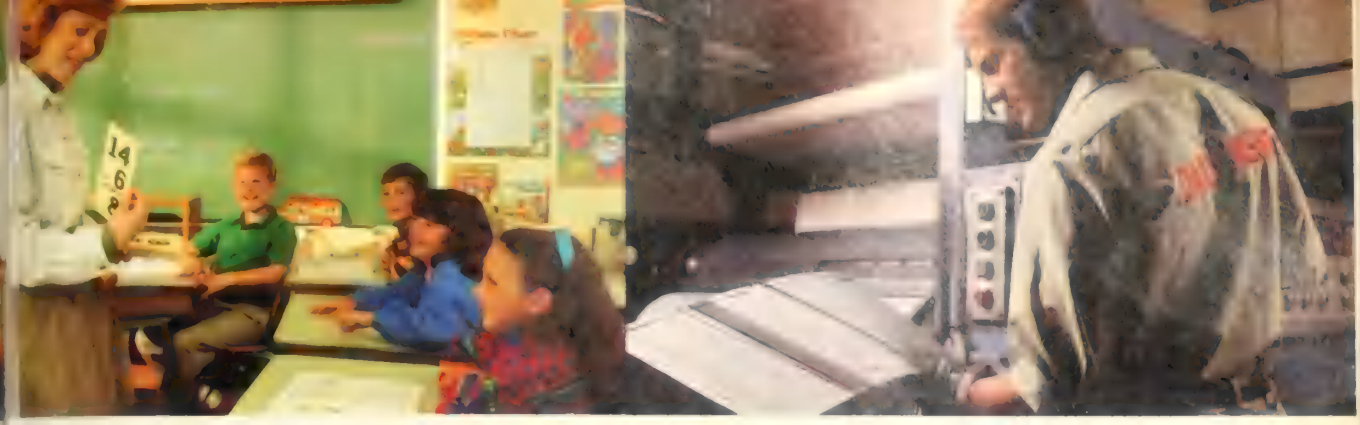
In short, they aren't anything like ordinary couples. And why should they be? Think about it. The pressures on Hollywood couples are enough to create a magnitude-eight earthquake: Celebrity couples face months of separation as competing careers take them to different corners of the globe, and their work brings them into constant contact with extraordinarily beautiful people.

"There's the intimacy they have to develop with their co-stars to make those relationships work on-screen," explains Los Angeles marriage counselor Andrea Brandt. "And if a marriage is anything less than solid, you can see how damaging that can be."

Then there's the not-so-little matter of ego. Actors are born competitive, and self-sacrifice is as rare as modesty in Hollywood. Most of them would step over their grandmother for a good part. So put two of them in the same space and wait for the fireworks.

At the same time, an actor's bravado often stems from insecurity, not confidence; under all those designer outfits are some outsize inferiority complexes. At the slightest hint that their partner might find somebody else attractive or amusing, they crumble.

(continued)



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Mrs. Dash's 14 herbs and spices give foods a livelier, zestier flavor. See for yourself with Mrs. Dash's cooking suggestions on this and the next two pages.



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Just add a tablespoon or two of Mrs. Dash Lemon & Herb salt-free seasoning to your favorite tuna recipe for a more savory favorite. For grilled fish, brush each fillet with oil and sprinkle Mrs. Dash Lemon & Herb liberally on each side 20 minutes before cooking.



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Hollywood marriages

continued

Finally, though most stars love the attention they get, their fame can actually work against them. Says Andrea Brandt, who numbers several celebrity duos among her patients, "The quality of intimacy a couple can achieve depends on privacy and anonymity, and star couples just don't have very much of that."

So you'd have to be crazy to take out an insurance policy on any Hollywood twosome. For every Paul Newman and Joanne Woodward, and Jimmy and Gloria Stewart, there are dozens of Woody and Mias, Stallone and Brigittes, Mac and Tatums.

Nevertheless, *LHJ* has decided—against the odds—to put some of Hollywood's most celebrated relationships in the spotlight to see what makes them hits—or flops. Sure, no one really knows what goes on when the bedroom door closes, even in Hollywood. But we've watched their behavior in public, looked for the signs and signals and listened as they've talked about themselves and their gorgeous companions. And we're sticking our neck out to predict which marriages will last and which are destined for a meeting with famed divorce lawyer Marvin Mitchelson.

DON JOHNSON AND MELANIE GRIFFITH
Status: fragile but hopeful

The best thing to happen to this volatile relationship in a long time is Melanie's three recent flops in a row—*The Bonfire of the Vanities, Shining Through* and *A Stranger Among Us*—which may have balanced the seesaw a bit. The partnership had looked decidedly rickety, heading for the *A Star Is Born* (she's hot; he's not) marital scrap heap. As her career rocketed after *Working Girl*, so his bottomed out once he took off the *Miami Vice* pastels. And the more his marketability plunged, the more forty-three-year-old Don's traditional roving eye got a workout. Thirty-five-year-old Melanie countered by reportedly starving herself to curb her tendency to plumpness and by augmenting her breasts to a hypersexy new image.

She also tries desperately to build him up, sometimes by putting herself down. "Anywhere in the world, everybody knows who Don is," she's said. "But they don't know who I am. I'm just the bimbo on the arm." Her self-abasement is matched only by her determination to make the marriage last.

In fact, together they've lived several lives—lovers when she was fourteen years old, married four years later, divorced six months after that, and remarried in 1989. They've both survived alcoholism and drugs to create a beautiful joint family and set up an idyllic ranch home in ...pes... away from the temptations of Holly...od.

But the strains remain, making his ... can't-live-with-him, can't-live-wi...out him twosome. A lot may be riding ... fate of their joint remake of the ol... Holliday–William Holden classic *Bo... Yesterday*, due out this month.

"We're just so close; I love him s...ly," Melanie said recently. "I can't i... how I'd get by if he wasn't around." ...son, too, seems to think they share ... the public can't always under... "Melanie and I have an inner voice, ... ner calling that has magnetized us ... other. You can get as corny as you li... say we're soul mates."

MICHAEL AND DIANDRA DOUGLAS
Status: rough, very rough

Things haven't looked too good f... Douglases recently: The tabloids r... ed that she found forty-eight-ye... Michael in bed with one of her lon... friends in Los Angeles' Regent B... Wilshire Hotel. He promptly to... for a stint at a fashionable add... clinic in Arizona—reportedly to ... come his sexual dependency. Di... meanwhile, retreated to their vi... the island of Majorca.

What's their next move? Who k... But if they do get divorced, ther... awful lot to split up: Besides the vil... couple own a multimillion-dollar ... sion with a vast view of the Pac... four-bedroom penthouse overlo... Central Park, and a vast compoun... the ski slopes of Aspen. Indicatio... though, that thirty-four-year-old ... dra, whom Douglas married whe... was nineteen, may have had it ... Michael's "socializing."

"I knew I had to change a lot of ... if we were going to survive," Do... said some time ago. But genes wil... and the womanizing tradition he in... ed from his father, Kirk, gives Mic... taste for living carelessly. The od... this one surviving—despite the glu... vided by their teenage son—are no ... than fifty-fifty.

BRUCE WILLIS AND DEMI MOORE
Status: strained

Hollywood is asking, "How lon... two egos as big as these fit int... household?"

The thirty-seven-year-old forme... boy and the staggeringly beautiful I... whose flair for self-promotion is s... only to Madonna's, have switched ... When they married in 1987, it w... who was the megastar, she, the amb... up-and-comer. But times change. D... success with *Ghost*, and Bruce's ina... to find a place for himself in movie... aren't variations on the *Die Hard* t...

de this marriage separate but un- His asking price appears to have :ted in the wake of the laughable *Hawk* and the modest hit *The y Scout.* Meanwhile, thirty-year- ni has become a limelight-ob- pop-culture phenomenon with a gly permanent spot on glossy ie covers in various stages of un- making her the most self-ab- actress since forties stars like d and Davis.

live in great luxury in an $8 mil- nhattan apartment and a Malibu ouse fortified like Fort Knox, of- ounded by the kind of entourage g a royal family (including assis- masseuse, a psychic and several rds). All of it is rather hard to take :e, a guy who once enjoyed noth- er than hanging out in a bar.

though they are still in love, the first to admit to some bumps ie way. "It's certainly not a story- tarriage," Willis has admitted. ive problems." Still, he insists working hard at it and are pre- o continue to do so. But Demi, irred with Tom Cruise and Jack on in *A Few Good Men*, is brutal- st about her priorities. "I'm very and my career is very important she admits, though she contin- m equally driven to have what I my personal life. I enjoy married l having children." Those who hem well, however, say it's more o be Bruce who is home baby-sit- kids, playing househusband.

ie days, the couple spend lots of part, and they fight like cat and en they're together. Unfortunate- kiss-and-make-up sessions are get- rther and farther apart. Nobody, nds, is more shocked than Bruce mi that they're still together.

CRUISE AND LE KIDMAN
s: for the long haul—maybe

-year-old Tom Cruise and twen- -year-old Nicole Kidman recently l at the luxurious Regent hotel in r, Australia, with Nicole's mother and took the elevator up to their No sooner had the elevator doors ed shut than Nicole grabbed a l Tom and, in full view of Mom ie bellboy, enveloped him in a een smooch. "It was almost as if as saying, 'Look what I've got. I the clever girl?' " said an acer- stralian observer.

s pair of lovebirds, who married in nay seem the most romantic since and Juliet. But hold your bets on ng they'll stay that way. Cruise is besotted with the tall, beautiful ad. "Nic just makes me feel fun l her," he said not long after they were married. Kidman, on the other hand, is considerably less starry-eyed—and more practical. In fact, she's one ambitious career girl who, at fourteen, called every agent in her native Australia until she got one to represent her. By marrying Cruise, she jump-started her career, even getting equal billing with her husband in *Far and Away*. Not a bad move.

Indeed, no one realizes better than she that at the moment it's her marriage that is her best career card. "We love to team up together," she said right after making *Far and Away*, "because we love working together. It makes for a better movie. You can come up with an idea at one in the morning and wake up your spouse and say, 'Hey I've got this great idea for a scene.' "

Another cloud on this particular sunlit horizon: Cruise appears to have a difficult time having children. He and his first wife, actress Mimi Rogers, reportedly underwent months of fertility treatments before they divorced in 1990. He doesn't seem to be having much more luck with Nicole, and the Cruises are said to be trying to adopt a baby.

JANE FONDA AND TED TURNER
Status: darned interesting

"They're just so alike," gushed Ted Turner's daughter Laura Turner Seydel. "Both overachievers, both brilliant. Neither one of them outshines the other."

She was talking of course of her fifty-four-year-old dad (worth around $1.4 billion at last count) and her new stepmother, the indomitable, ever-changing, fifty-five-year-old Jane Fonda (net worth, about $60 million). The big surprise of this 1991 marriage is that the once-ardent feminist has turned into a stand-by-your-man, sexy little woman with not a thought in her head but to support the important member of the family, Captain Planet himself. See her pucker up and smooch with Ted at the Braves games in Atlanta. See her decked in a serious-body Versace gown, showing Ted the ropes at some Hollywood gala. Jane reportedly has a face-lift, bigger breasts and the same devotion to perfection as ever, this time behind a softer, sexier front. She's gone from Citizen Jane to Scarlett O'Hara.

At the same time, her career has bottomed out with two flops in a row, *Old Gringo* and *Stanley & Iris*. This gives her a wonderful excuse to stay home. "Ted isn't a man you leave for three months to go on location," she cooed soon after their wedding. "He gets lonely, and it's so much fun to be with him that you don't want to be anywhere else."

She's even changed her stance on feminism. "You can't help but think that somebody should have been home minding the kids," she told a reporter last year. "But I say that with *(continued)*

2.



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ood marriages
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erstanding that a huge percentage
en can't afford to."
how long will it take her to get
ith taking a backseat? Will Turn-
has an eye for pretty women, be
with one woman, however spec-
Meanwhile, the master of CNN,
organization so powerful it was
l with speeding the fall of Com-
, can almost literally give her the
She can provide him with some
eeded show-biz glitter. Let's hope
igh for both of them.

EN BEATTY AND TTE BENING : hardest call of all

ood question of the century: Can
who pursued countless women
e fervor of the hound running
he fox be content with just one?
orget that his own sister, Shirley
ne, is rumored to have said, "He's
m the neck up and fourteen from
t down."
amazingly, Warren, now fifty-
es marriage much more seriously
ost of his Hollywood pals. "That
'Until death us do part,' I always
ou're going to stand up and make
rt of promise, then you really
o keep it," he once told Norman
"I felt that if you didn't have the
to stay in it for life, then you re-
uldn't make the promise."
is friends agree that Warren will
ard at making his marriage of one
rk. "Divorce is a failure," said a
"and Warren doesn't fail."
troubles may come when thirty-
ar-old Annette, Beatty's co-star
y, decides to go back to work af-
recent "maternity leave." She has
dly turned down several very at-
offers and is widely considered
st exciting female talent to come
n Hollywood in a long while. Ac-
g to one longtime Beatty associ-
arren doesn't like his women to
playing love scenes with other
fter all, who knows better than *he*
emptations lurk in those boring
hanging around the set? And
he's in love, and he is now, he
t like to be left alone.
he goes off to work, and it isn't his
," says his friend, "you can bet
going to be a cop there, too."

N AND CINDY COSTNER s: enduring—unless she it up

Mrs. C. has been through in the
fteen years would be enough to
p most marriages: a husband who
own admission loves to flirt and
as women of all ages flinging them-
selves at him. Rumors abound that thirty-eight-year-old Kevin is a discreet womanizer and that Cindy knows it, but the dirt never reaches the gossip columns. Despite his rumored infidelities, Kevin is an old-fashioned guy underneath it all, one who would be distraught if his long-term marriage were to crack.

"They've weathered a hell of a lot," explained Michael Blake, the Costner pal who wrote *Dances With Wolves*. "Just the fact they're still together says a lot about their union. Kevin doesn't believe in breaking up, no matter what."

ARNOLD SCHWARZENEGGER AND MARIA SHRIVER
Status: troubled but lasting

Arnold honed in like a heat-seeking missile on Maria, the most eligible 'royal' princess in America, when they met at a charity tennis tournament, in Forest Hills, New York, in 1977. Nine years later, despite their obvious political differences, they were married in Hyannis Port, Massachusetts.

Now thirty-seven, Maria has grown restive under the restraints of her seven-year marriage to the domineering Arnold, but she's a Kennedy woman, and that means she knows her place.

"Maria comes from a family where women have always been supportive of the guys," Arnold, forty-five, once said. Maria has reportedly complained to friends that Arnold is too strict with their two young daughters. Coming from the more loosely structured informality of the Kennedy family, she finds her husband's rigidity hard to take.

Hollywood insiders note that the couple recently spent most of the evening at a social event on opposite sides of the room, and when they drove away in Arnold's Humvee, they sat as far away from each other as possible. But don't expect this one to break up. Arnold got his trophy wife—a real-life Kennedy, his entrée to the top social echelons in the country—and he's not about to let her go.

LIZ TAYLOR AND LARRY FORTENSKY
Status: oh, please!

Is the forty-one-year-old construction worker getting bored with Bel Air, the Aston Martin, the constant traveling and the sicknesses? Is she discovering that her toy boy has a mind of his own after a year and a half of marriage? The poundage is piling on again, and she's been back in the hospital—bad signs all around. If it lasts another year, Hollywood will die of shock. On the other hand, sixty-one-year-old Liz has surprised them before. ■

Sally Ogle Davis writes frequently about celebrities for LHJ.



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CNN,
THE WORLD'S NEWS LEADER, AND LADIES' HOME JOURNAL PRESENT UP-TO-THE-MINUTE FACTS AND FINDINGS ABOUT THE WORLD TODAY

Too-beautiful bananas

The perfect-looking bananas you buy at the supermarket may be indirectly harming the environment. How? Banana growers currently reject up to one fourth of their crops because consumers demand fruit without any visible blemishes. To produce large quantities of such model bananas, growers need more extensive plantations, and so they wreak havoc on the land by demolishing rain forests, environmentalists say. If consumers would accept less attractive bananas—that taste the same—growers could reduce rain-forest destruction and limit their use of pesticides. As part of its Banana Amigo project, the Rainforest Alliance, an environmental group that monitors the global depletion of rain forests, is negotiating with growers in Costa Rica—the second-largest producer in the world—to establish environmental guidelines. Those who comply would be awarded a Banana Amigo seal of approval to put on their fruit. The hitch? These bananas might cost a few cents more, since growers would need to offset the expense of complying with the guidelines. —Miles O'Brien, *Science and Technology Week*

Our aching feet

An astonishing three out of four women suffer from foot deformities, according to a recent study. Carol Frey, M.D., a foot surgeon at the Long Beach, California, Medical Center, also found that eight out of ten women have sore feet. Frey blames our shoes; they're poorly designed and improperly fitted. Nine out of ten women wear shoes that are too small for them, and although feet typically get larger with age, most women never bother to get their feet remeasured. "Shoes are the most important part of your wardrobe," says Frey, "because they're the only items that, if you make an ill selection on fit, will cause health problems." So if the shoe doesn't fit, don't wear it.

QUOTE OF THE MONTH

I was not first in line for that job, which is typical of my life story. I don't remember ever being first choice for anything. I'm Frank's third choice for wife. But you can have a little success in life even if you're not first choice.

—Kathie Lee Gifford, on being fifth choice for Carnival Cruise Lines spokesperson, appearing on CNN's *Larry King Live*

The most expensive vaccine

Alarmed at the recent steady increase in cases of hepatitis B, the Centers for Disease Control and Prevention (CDCP) is funding a project to immunize every baby born in San Francisco for the next three years. The long-range goal: to vaccinate every newborn in the country. Hepatitis B is most often spread through unprotected sex or I.V. drug use. Health officials say that although the drug is pricey—approximately $30 per dose—it may be well worth it: "If you were to immunize all the infants born this year, you'd prevent twenty-two thousand chronic hepatitis infections and four thousand or more deaths from chronic liver disease," says Miriam Alter, Ph.D., of the CDCP.

—Dan Rutz, *HealthWorks*

Bell-bottoms bounce back

Just another fleeting retro trend? Maybe not—these billowing slacks from the past are showing up everywhere. Some follow the familiar silhouette of the seventies: In Milan, Gianni Versace shows them skin-tight over the thighs and then flaring out at the knees. Flares can be full—like Donna Karan's—or layered with petticoats that peek out at the hem. In more conservative versions, the flare starts lower on the leg and is just full enough to cover the shoe. The most daring bells: Nicole Miller shows hip-huggers worn with wide belts and shirts tied above the waist—leaving belly buttons bare. —Elsa Klensch, *Style with Elsa Klensch*

Watch CNN's ***HealthWorks***, with Dan Rutz, for the week's top medical news (Saturday, 9 A.M., 2 P.M. E.T.), and ***Style with Elsa Klensch*** for a look at the world of fashion and interior design (Saturday, 10:30 A.M., 2:30 P.M. E.T.)

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WHAT'S THE MATTER WITH KIDS TODAY?

THINGS WE COULD DO WITHOUT

Okay, call us square (or whatever you say today). Proud members of the Baby Boom generation, the original hippies, the ones who made every passing fancy a fad that rocked the country—well, maybe we're getting old. There are a few things that kids are now doing that we just don't understand, and quite frankly, we could do without. Here, a short wish list. . . .



We wish you'd PULL UP YOUR PANTS! We can understand big, and if you want to wear them backward, that's your choice, but must the crotch be hanging down around your knees? Is that *really* comfortable?

And how about **TUCKING THOSE BOXER SHORTS** into your pants? There's a reason they're called underwear.

We're a little squeamish about your ***PIERCING HOLES*** *in various parts of your body. We're actually okay now about a double pierce. But a metal ear clip that looks like a staple? And a nose ring? Give us a break.*



We also want your dad's **FLANNEL SHIRT** back. That's right, it's a shirt, not a skirt to dangle around your waist. The grunge look? You can say that again. (At least wash your hair, or cover it with a baseball cap—worn backward is okay by us.)

And take that **PACIFIER** out of your mouth. You keep telling us you're not a baby anymore.



While we're at it, let's talk shoelaces. Those clunky LACE-UP BOOTS aren't all bad. They *are* well made, and they're a lot cheaper than those pump sneakers you used to beg for. But any chance you tie them? Just a thought.

And finally: The sixties are one thing. We can understand loving the sixties. But the ***SEVENTIES****? Why on earth would anyone want to relive the seventies?*

P.S. WE LOVE YOU ANYWAY.

"MOM, THIS IS MAJOR"

BY GAIL ANDREWS

HOW COULD MY SON HAVE SUCH A CASUAL DISREGARD FOR SOMEONE ELSE'S PROPERTY?

The phone call came about seven P.M., just as we were sitting down to dinner. "Mom, get Dad on the phone. I need to talk with both of you. This is major." I detected a quaver in the voice of our nineteen-year-old son, a sophomore at a well-known university.

"I think . . . I think I'm going to be expelled. I found someone's meal ticket lying on the ground. I know I should have turned it in, but, well, I didn't. I used it. And I got caught."

I gasped; my husband was silent. A meal ticket, which entitles the owner to food at the school cafeteria, is worth hundreds of dollars. How could Danny have such a casual disregard for someone else's property? What had we done wrong?

The next day, unable to concentrate at the office, I went home before lunch, took the phone off the hook and changed into my oldest pair of jeans. Furiously, I began cleaning the house, wiping away spots on the woodwork as I wished I could cleanse my head of the pounding questions. Why had Danny taken that card? (Up and down, get that door clean!) Had I been too lenient when he borrowed my Scotch tape and forgot to return it? (Make that mirror sparkle!) Had we deprived him, our *(continued)*


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The hardest part of raising a child is letting him make—and face up to—his own mistakes



(continued) middle child, of enough attention? Did we oversleep too many Sundays when we should have been at church? (Make those floors shine!)

Finally, exhausted, I dragged out the old photograph albums and flopped down on the sofa. There was Danny at age five, patiently helping his sister tie her shoes; at eleven, proudly setting off on his first paper route; at eighteen, accepting an award at his high school graduation. I started to smile as I remembered the teacher's words: "I've taught for thirteen years, and I've only had one or two students who are as talented as Danny. But what's really special is his thoughtfulness, his concern for others. . . ."

My smile faded, and I slammed the book shut. Danny hadn't been very concerned with the plight of the person who owned that meal ticket, had he?

Over the next few days, while my husband and I vacillated between shame and anger, Danny was verging on hysteria. He called home three or four times a day. Couldn't we do something? he begged. Couldn't we call his counselor? The dean? Someone? Anyone? His college career was in jeopardy. His entire life would be ruined if he was expelled, he sobbed.

Though we recognized the overstatement, we knew the proposed punishment would have serious consequences. But as parents, we were far more worried about Danny's emotional state. I flashed back to a phone call we'd received from him during freshman year. "Mom," he said in that same trembling voice, "Eric [his roommate] took a bottle's worth of sleeping pills. I found him just in time."

Would my Danny—frightened, humiliated and two thousand miles from home—do something equally foolish?

I tortured myself with unanswerable questions. Where had we failed Danny? A friend gave me an article from a recent news magazine that reported that two thirds of high school seniors admitted they would lie when submitting a business-expense report. Half would inflate damages on an insurance claim. And more than one third felt it was okay to cheat to pass a certification test. Did it make me feel any better knowing that other parents were also raising dishonest children? In a word, no.

But Danny, like these kids, was molded not only by his family but also by the world around him. Whether it's political, religious or business leaders, there's a whole lot of lying going on. Immoral behavior dominates the news, and the biggest sin isn't engaging in such behavior but getting caught.

Could we have counterbalanced the attitudes Danny was absorbing from all around him? I don't think I'm passing the buck when I blame society as much as myself and my husband. Perhaps we should have realized its power and tried harder. But I do think this experience has helped me learn to recognize my limits as a parent. Yes, we're an important force in Danny's life, but we are not, and cannot be, the only force. In a way this saddens me, but it also frees me. We don't deserve credit for all his accomplishments, and there are many. And we needn't accept blame for his mistakes.

In our heads, we knew it was important that our son handle this issue himself. But our hearts told us something else, and it took every ounce of energy I had not to hop on the next plane East. We listened endlessly and assured him we loved him, but refused to offer advice. Gradually, over the next three weeks, we heard him move from denial ("They're making a big deal over nothing") to rationalization ("Everybody does it!") to strategizing ("How can I avoid being kicked out?") to self-analysis ("Why did I do it?"). And finally we heard the words we had longed for: "I was wrong; that's all there is to it." For the first time in weeks, I felt the tension drain from my body.

Danny wasn't expelled. After appearing before a committee of thirty deans and professors, he was placed on extended probation. Has he learned his lesson? Too soon to tell. I for one am keeping my fingers crossed.

ONE MOTHER'S STORY

PARENT'S DIGEST

The spring issue of LHJ's Parent's Digest is on sale now. Parent's Digest is the only magazine with excerpts from books, journals, TV and videos—all the child-rearing information you need right now, in one indispensable guide.

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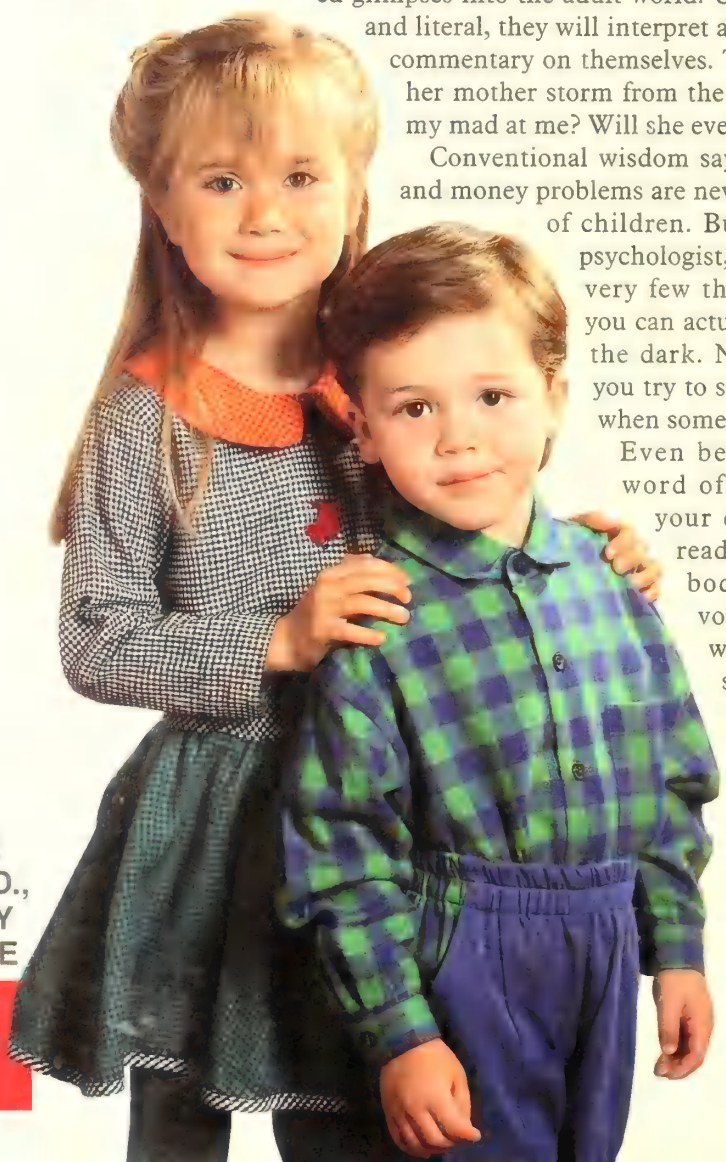
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Not in front of **the kids**

What if your child hears you fighting? Should you tell your kids Dad lost his job, or that the family doesn't have enough money? LHJ's well-known parenting expert tells you what children should and shouldn't see and hear.



BY LAWRENCE BALTER, PH.D., WITH PEGGY JO DONAHUE

"I can't stand it anymore!" you shout at your husband as you bolt from the house at the end of a quarrel. You are already out the door when your four-year-old asks her father in a tiny voice, "Is Mommy coming back?" Such a scene is enough to leave any parent riddled with guilt. Your children will often see or hear more than you intend them to; this is an inevitable part of family life. Still, young children often misinterpret those unexpected glimpses into the adult world. Unsophisticated, egocentric and literal, they will interpret all that they see and hear as commentary on themselves. The four-year-old who saw her mother storm from the house wonders, "Is Mommy mad at me? Will she ever come back?"

Conventional wisdom says that topics like divorce and money problems are never to be discussed in front of children. But in my years as a child psychologist, I've learned that there are very few thorny issues about which you can actually keep your children in the dark. No matter how vigilantly you try to shield them, children sense when something is amiss.

Even before they understood a word of what you were saying, your children learned how to read your facial expressions, body language and tone of voice for clues to how they were about to be treated. It should not be surprising, then, that they are sensitive to much more than the spoken words directed at them. Of course, throwing the whole raw truth at a very young child may do far more damage than good. But if a

(continued)

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Not in front of the kids

continued

growing child learns that his parents cannot be relied upon for straight answers to important questions, both parent and child will pay the price down the road.

Parents can develop ways to talk about touchy subjects without the fear that a misstep will doom their child to a life of emotional pain. I've devised some strategies that you can use to help your child come to grips with bewildering or complex issues.

FIGHTING THE GOOD FIGHT

Arguing in front of a child need not be a catastrophe. The fact is, kids need to see that their parents may not always be of the same mind, and that it's okay to argue with a loved one. Children have to understand that conflict will be part of everyone's life at some time.

One point to remember, though, is that the more personal the points of conflict, the scarier they become for the children. "You're a lousy father" or "Why don't you stop being so lazy and go get a job" are the kinds of fighting words that trouble kids most. Such personal attacks undermine a child's sense of security.

Before we can decide how we should talk and behave in front of the kids, we must recognize what doesn't work. Parents who argue in front of their children often make these common mistakes:

Saying "Nothing is wrong" after the kids have seen you arguing. It does no good to pretend to the children that everything is fine when it's obvious to them that you're angry. You may think you're protecting your kids from an ugly truth, but children will either blame themselves or imagine that the problem is worse than it is. What's more, if you try to hide every disagreement, your kids may grow up feeling that anger is unacceptable.

Pleading your case before your children. "You saw how Daddy just insulted me!" or "This is exactly what she did three years ago!" are never appropriate statements to make to your child. What you're really doing is using your child as a sounding board in your dispute with your spouse. It's not your child's job to support you or fight for you.

Resorting to humiliation. Making personal attacks instead of attacking what the other person may have done is especially insidious. One woman admitted to frequently yelling at her husband in the midst of a freewheeling fight, "You're a poor excuse for a man." Inevitably, the disrespect her son heard in her voice seeped into the tone he took with his father, and their relationship deteriorated. What's more, the child began to attack others in the same way he heard his mother attack his father.

Storming out of the house in anger. This only invites your child to imagine the worst: that you may never come back. One girl told me that when her father left the house in a rage, she imagined he had another family he went to, one where there was no strife to disturb him.

Resorting to physical violence. Parents should never strike out or make a threatening gesture at each other or their kids. There are few child-rearing rules as hard and fast as this one. Hitting, or any other physical violence, will teach those who observe it that the way to solve problems is with violence.

Arguing about differences in child raising in front of the kids. Because children assume that their parents' fights are caused by them, disputes about discipline fought within their hearing will confirm their fears. Rather than berating your spouse for letting the kids watch TV after school, for example, raise the issue in private. Later, you can present your position to the children as a united front.

How to handle it

Children who don't learn how to deal with disagreements in the relatively safe havens of their families won't be prepared to handle the many conflicts that are sure to intrude in their own lives as they grow up. Do your kids a favor. Learn the new moves described below—you'll be helping your children develop their own patterns of constructive solutions to everyday problems.

■ *Acknowledge an argument and encourage your children to express how they feel about it.* Arguments are unsettling for children, even those you manage to stop quickly. First, let your children know that what they saw was indeed an argument. And, just as important, let them know that they can talk about it with you.

■ *Give kids a simple explanation of the disagreement.* You might say, "Mommy and Daddy don't agree on what we should all do tomorrow, but we'll figure it out. And even when we're angry, we still love each other." You can also explain adult circumstances with analogies. You could say, "You know how you feel when Tommy wants you to play baseball and Mark wants you to play video games? You feel pulled in two directions at once. And that's just how Daddy was feeling."

■ *Learn to recognize the real source of your anger and tell your children about it.* Arguments are more likely to occur when one of you is feeling frustrated, criticized or disappointed. As soon as you have identified the underlying cause of your anger, admit it to your spouse and children. You can say, "This has nothing to do with you. I was angry with someone at work, and didn't let it out until just now. It wasn't your fault at all. I'm sorry."

■ *When a discussion starts to escalate into an argument, stop it in its tracks and set a time for private discussion.* If you and your spouse have legitimate gripes with each other, and need to have them ou yo can still stop the escalation if you have agreed *beforehand* to respect the ne avoid really angry exchanges in fr the children. When parents are ab come to their senses in this way, he show their children that angry fe don't have to get control over peopl overwhelm them.

■ *If your marriage is in crisis, acknowle it.* Many couples argue because their ma riage is in trouble. If so, your chi will know that you aren't getting a despite all your efforts to put on a front. Still, the idea that parents can the kind of disagreement that doe lead to a settlement is puzzling and bling to children. So let your chil know—gently—that something is w When explaining what's wrong, t use concrete examples, such as "D and I argue because I think he spend much time boating." If you have a that you and your spouse are workin let your kids in on it. Remember al that your spouse is your child's parent and that it's important to your child's relationship with both ents intact.

MONEY AND EMPLOYMENT

Money is an emotionally charged top most families, and kids pick up on Many parents also get very emoti when they think about depriving t children of the things they want and n At these times, parents may say th that can really trouble kids. For instan

Divulging too much about your fi cial worries after a job loss. If you m about how great a catastrophe has b visited on the family, your children quite naturally be frightened. The s goes for rattling off a litany of th they'll no longer be able to do or hav you're in a financial crunch and you d want your children to worry, it's enc to tell them, "We have enough mone pay for food and clothes and the house

Blowing up when they ask for thi Young children have short memories admonitions such as "We have to cut b on family spending." Your children feel angry at you for depriving them. hard not to start viewing your childre selfish and unfeeling, but your anger a ally arises because you feel bad that can't give them all you'd like. Take a d breath and tell them calmly that know they're disappointed but it's possible to buy a new bike right now.

Bickering with your spouse about m ey problems in front of the childr This is a topic on which kids should see t parents working together. If, instead, t witness divisiveness and disrespect ("W don't you get a better job?" or "If you earned more money, we wouldn't have th problems"), they *(continued on page*



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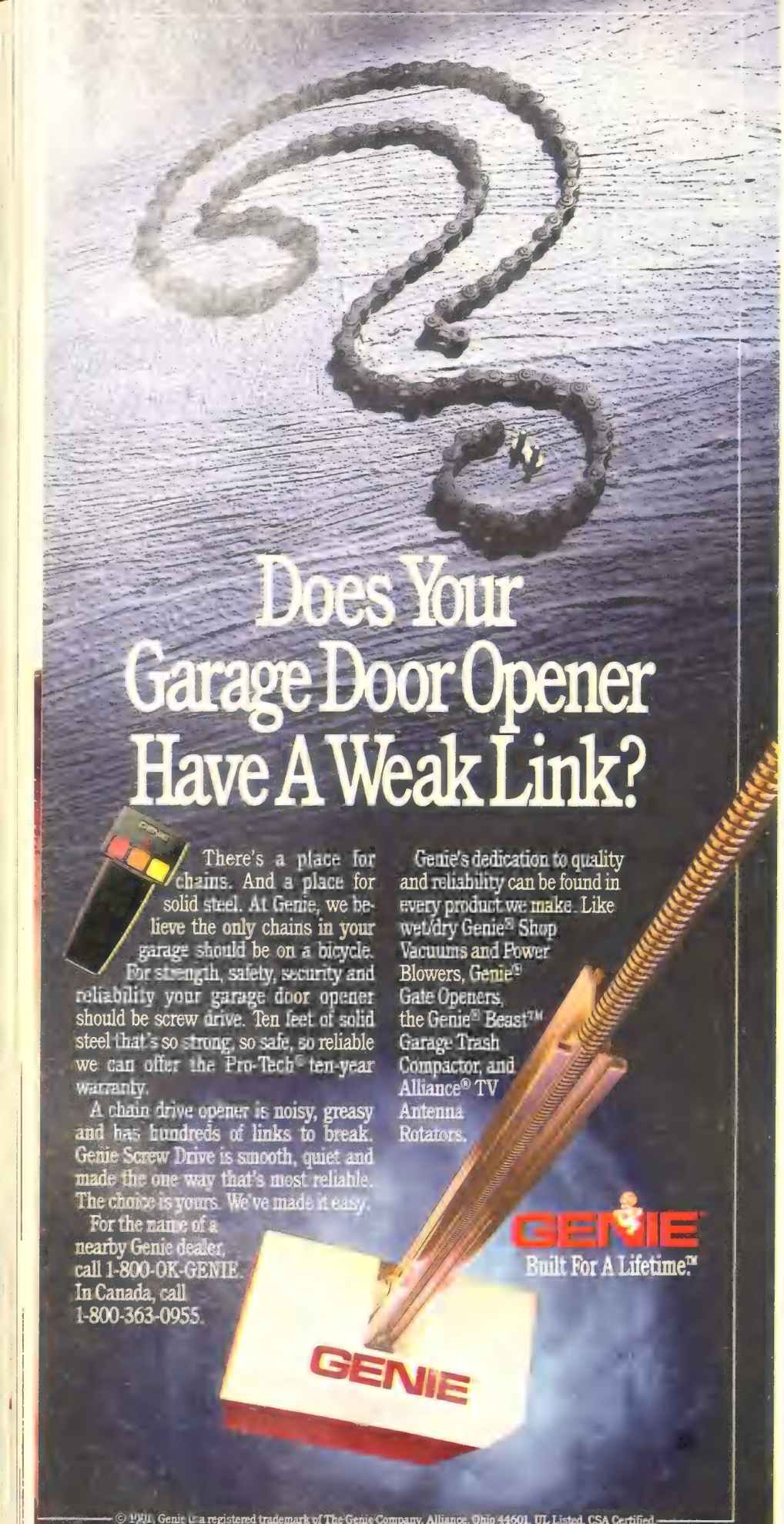
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Not in front of the kids

continued from page 70

may believe that a parent is intentiona depriving them of things by not ei hardworking or ambitious enough.

How to handle it

Some parents feel shame at losing jobs and worry that their kids will of them as failures. But if explained fully, a job loss or other financial lems will provide an opportunity to your children that you, too, can ru problems. What's more, they'll se you pick yourself up and go on. H how to explain hard financial facts out fanning their fears:

■ *Be open about a job loss.* Your should see that you can talk about i ter-of-factly. Give your children a s explanation ("There were more peo my company than they could pay f some of us had to go"), and tell what you intend to do about your m tune—if your kids know that you h game plan, they'll feel less frightene

■ *Reassure your children that you w survive.* Though you may be feeling vous or depressed, try to keep an u attitude when explaining things to children. You might tell them, "Lif different obstacles and setbacks. hasn't been the first, and it won't b last. But we can get through it." Tell children what changes they can ex and how you will continue to pay fo sic needs such as food and housing.

■ *Explain to your children why you edgy and tense.* You may be going thr an array of emotions leading to d about yourself and your abilities. Th nothing wrong with feeling some sa or bitterness over a job loss, and you certainly tell your children that. Don afraid to ask your kids to be a little understanding through this period.

■ *Explain the concept of family sacrifi children.* When you have to econon let your children know that you're g ful for their patience. When they ask things, explain gently that all of you to sacrifice. One mother I know o sionally says things like "See th shoes? I'd really like to buy them, b can't right now because we're really ing to save money." Her son feels c forted to know that he isn't the only feeling deprived.

This doesn't mean that all joy in must come to a halt. Point out to y children that you can still plan inexp sive day trips or nice dinners at h that don't cost a fortune. Your k should see that with more or less mo life goes on.

Dr. Balter is a professor of applied psycho at New York University and a contribu editor to Ladies' Home Journal.

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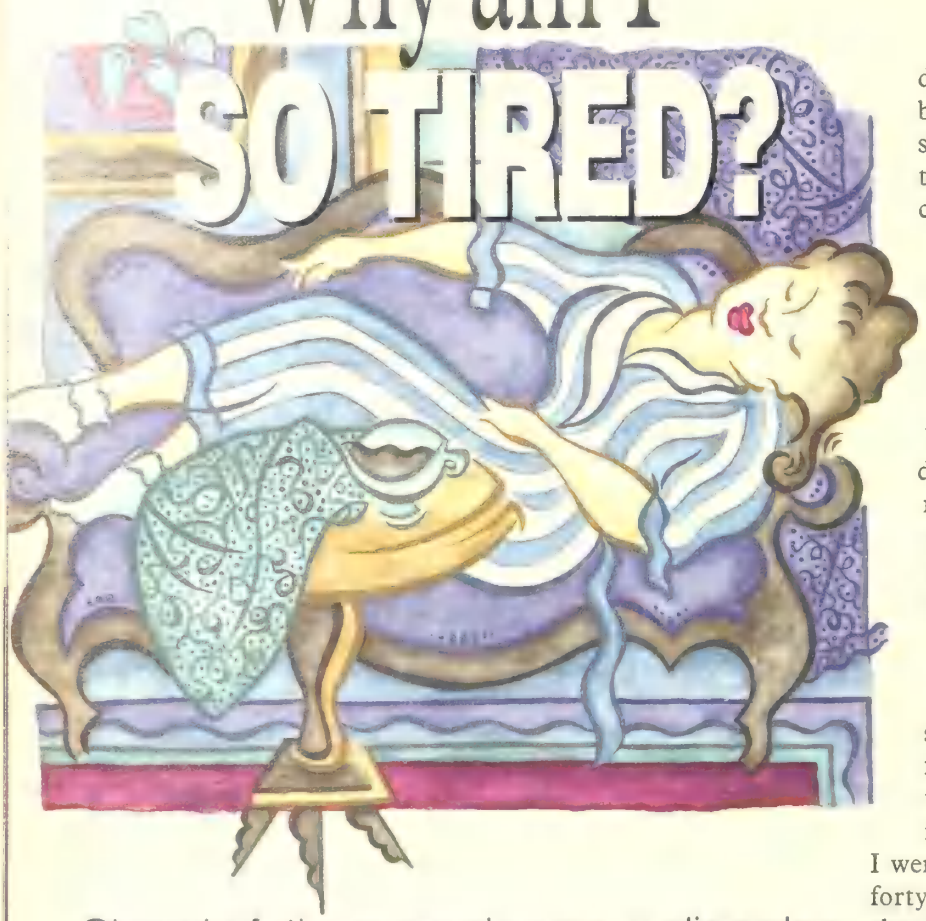
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Why am I SO TIRED?



Chronic fatigue syndrome, a disorder that affects millions, has long baffled doctors. Now, though, experts are beginning to solve this mystery

BY KARYN L. FEIDEN

No one who knew her would ever accuse Lynn Erhardt of being a low-energy person. As a manager for a New Jersey–based telecommunications firm, she had a high-visibility position that involved frequent travel. On weekends, when she and her husband weren't working on the house they'd just bought, they went on bicycling trips and played tennis, softball or racquetball.

But in 1989, a labor strike hit Lynn's company, and for six weeks she worked double shifts. During that time she began to feel extremely tired, and she also started to have anxiety attacks. After the strike, she virtually collapsed. But the tiredness didn't fade—instead it became an all-consuming exhaustion unlike anything she had ever known. And although the panic attacks subsided, new symptoms, such as muscle pain, headaches, irritable bowel syndrome and rashes, suddenly appeared. Her ultimate diagnosis: chronic fatigue syndrome (CFS), a long-lasting disorder characterized primarily by relentless exhaustion, a host of debilitating, flu-like symptoms, and significant lapses of memory and reasoning.

So serious was Lynn's illness that she had to take a leave of absence from work. "I spent most of the time lying on the couch with tears running out of my eyes, feeling as if I were going to die," recalls Lynn, now forty years old. "No matter how much sleep I got, it didn't replenish my energy. Just taking a shower became an all-day affair. I'd watch television for hours and couldn't remember anything I'd seen."

An elusive malady

After hearing about CFS from a friend who had the disorder, Lynn saw an internist who ruled out other conditions and diagnosed her with the illness. The physician also prescribed low-dose antidepressants, which helped her enormously; the medication allowed her to get a good night's sleep, and relieved the irritable bowel syndrome and the pain.

Many people with CFS aren't as fortunate as Lynn. They can bounce from doctor to doctor for years before getting effective treatment, because they suffer with an ailment that remains almost as mysterious as it was in 1984, when it came to national attention. Back then, two Nevada physicians, Paul *(continued)*

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Why am I so tired?

...ngney and Daniel Peterson, began noticing that dozens of their longtime patients were complaining of the same unusual group of symptoms. The doctors reported the outbreak to researchers at the Centers for Disease Control and Prevention (CDC), who came to investigate.

After interviewing and examining the patients, the CDC concluded that their search neither proved nor disproved a link between chronic Epstein-Barr virus (then thought to be the infectious culprit) and CFS. As a result, doctors across the U.S. remained skeptical, and many patients who complained of relentless fatigue were dismissed as malingerers suffering from "yuppie flu" or depression. (Despite their illness, most CFS patients look perfectly healthy, and tests for various diseases show nothing wrong.) But mounting reports of the illness finally forced the medical establishment to recognize CFS as a genuine concern: In 1988, the CDC began tracking the disorder.

So far, the picture is sketchy but intriguing: Preliminary CDC data estimate that there are between two and seven cases of CFS per 100,000 people. The statistics indicate, too, that 95 percent of CFS victims are white and 85 percent are female. However, these figures are based on patients of private physicians and therefore probably undercount other groups. Though experts doubt CFS is contagious, they suspect there may be a genetic predisposition, since the disorder does seem to run in some families. In addition to the CDC surveillance program, studies to examine the symptoms and causes of CFS are under way at four research centers across the country.

Currently, patients may be diagnosed with CFS if they have a collection of symptoms on the CDC's checklist, which includes persistent, overwhelming fatigue plus an array of ailments that can include fever, sore throat, tender lymph nodes, muscle and joint pain, headaches, sleep disturbances and mental confusion.

There is also a range in the severity of CFS: People with mild cases have symptoms but can still function, while those at the other end of the spectrum may be completely incapacitated. Still, even patients with the mild form are forced to adjust their lives and work schedule to some degree. "The fatigue CFS patients suffer is nothing like the tiredness busy people often experience," notes Cheney. "Most of us can continue our activities despite feeling tired, and a good night's rest leaves us refreshed. But te... ness CFS patients complain of... go away—no matter how m... they get. In describing how the... patients say, 'Most days I feel r... casionally I have a better day, b... have a good day.' "

Cheney, who now lives in ... North Carolina, and treats CF... exclusively, explains that for hi... flags indi... tients hav... loss of sh... memory, ... dealing w... al menta... the same ... an inabili... the app... words wh... ing. "T... lists suc... tive diffi... one of ma... toms a pa... or may n... Cheney e... "But to ... are the e... the disease.

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or a hormonal connection, scien- om the National Institutes of (NIH) found that thirty CFS pa- ad lower levels of corticotropin- ng hormone (CRH) and cortisol ose found in seventy-two healthy . Deficiencies of these hormones een linked with lethargy and fa- NIH doctors are now trying to de- e whether they can restore the nal balance, and possible health, patients with small amounts of tic cortisol.

ment strategies

tly, there is no test to detect the r. Instead, doctors make a diagno- first ruling out other conditions, IDS to bacterial infections to psy- c problems.

l even when doctors determine patient has CFS, there's no estab- course of treatment or a single hat works equally well for every- inding relief is, instead, largely a of trial and error.

st physicians choose from a vari- therapies, behavioral as well as al. They encourage patients to cut on the stress in their lives, since worsen symptoms; to develop nutritional habits; and to get eling for the depressed feelings that almost inevitably accompany the illness. Since CFS may worsen with exercise, Cheney recommends easy walking, or swimming if possible. "Once symptoms subside and patients are fairly stable for six months, they can try mild aerobic activity," he says.

To lessen joint and muscle pain, doctors suggest everything from aspirin and ibuprofen to acupuncture and physical therapy. Very low doses of tricyclic antidepressants, especially Elavil and Sinequan, may relieve allergy symptoms and improve the quality of sleep. Some patients benefit from injections of magnesium.

Ampligen, an antiviral drug that is being studied as a treatment for AIDS and cancer, is also being considered for CFS. However, Ampligen's side effects (achiness, low-grade fever and malaise) are of concern, and the drug is available only in clinical trials.

More studies are also needed to determine the benefits of gamma globulin (IgG), antibodies thought to balance the immune system. But the research is contradictory, so although some physicians recommend IgG shots, others believe that the risk (severe allergic reaction) and expense outweigh the modest improvement. *(continued)*

COMING IN APRIL

Our **Baby boomer health guide** provides a head-to-toe look at the changes you may have begun to notice in your body, complete with a special diet plan. And couldn't everyone use **21 ways to handle stress**? . . . It's been months since Hurricane Andrew, and **Miami is back!** You'll love these fabulous recipes from this unbeatable city's best chefs. . . . Also, put your best face forward with great **Spring makeup**, and don't miss part two of the **New American Home**. Plus, interviews with your favorite celebs and lots, lots more!

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THANK YOU FOR BUYING THIS ISSUE. WE HOPE YOU ENJOYED IT. SEE YOU NEXT MONTH.

Why am I so tired?

A slow recovery

Yet despite the dearth of knowledge about CFS, Dedra Buchwald, M.D., an internist who directs the Chronic Fatigue Clinic at the Harborview Medical Center at the University of Washington, in Seattle, believes that many patients will eventually get better. "After the initial symptoms subside, patients usually improve—always with ups and downs—over a year and a half to two years," she says. "They may not even realize how much they've recovered, but when they start getting angry and frustrated about their illness, it signals to me that they've entered a new phase. It means they finally have the energy to be mad about being sick." Based on studies of the population he originally saw in Nevada and his experiences with over two thousand patients, Cheney estimates that about 20 percent of the CFS population are almost fully recovered within two years. Another 60 percent improve substantially within two to five years but are still periodically plagued by mild sympt The remaining 20 percent stay seriou ill, perhaps for decades.

Lynn Erhardt is one of the lucky o She was back at work after six montl illness and has improved very slo since then. Although she still has sy toms, she finds them a lot more to ble, and they no longer dominate life. "I am always aware that I still CFS, and I often pray not to have lapse," she says. "I'm hoping for the they find a cure. But I just have to centrate on getting on with my life."

Fibromyalgia: the chronic muscle-pain syndrome

CFS isn't the only illness with widespread muscle and joint pain, intense fatigue and disturbed sleep patterns. The American College of Rheumatology, in Atlanta, estimates that a similar condition, fibromyalgia, afflicts between three million and six million Americans, the vast majority of them women of childbearing age.

Typically, patients with fibromyalgia have widespread chronic achiness and/or certain areas that are exquisitely painful to the touch. These "tender points" occur within muscles, tendons or joints, distinguishing them from arthritis pain, which affects only the joints. They are clustered around the neck, shoulders, chest, hips, knees and elbows. Patients with fibromyalgia may also suffer periodic bouts of irritable bowel syndrome, marked by constipation and diarrhea, as well as severe, recurrent headaches.

Fibromyalgia is now widely recognized by the medical community. But in the late seventies and early eighties, patients were viewed with considerable skepticism—just as CFS patients are today. Like CFS, fibromyalgia lasts for years, is still often misdiagnosed, and cannot be readily cured. The difference between the two disorders: Fatigue is the dominant symptom of CFS, and muscular and joint pain is most often mentioned in fibromyalgia cases. "I suspect fibromyalgia and CFS are overlapping conditions," says Seattle internist Dedra Buchwald. "Most people with CFS also have tender points, and over ninety percent of patients with fibromyalgia report chronic fatigue."

Efforts to identify a cause are in their infancy. Because fibromyalgia often follows an injury or accompanies an unrelated disease, such as lupus or multiple sclerosis, some experts believe it may occur when the body's chemical balance is thrown out of whack. There are also indications that stress triggers the illness and that a genetic predisposition may be involved.

As with CFS, behavioral strategies consist of avoiding exercise and undue stress, and improving sleep. Low-dose antidepressants taken at bedtime ease sl disturbances, fatigue and pain; aspirin or ibupro may temporarily lessen the aches. Physical therapy packs, heat treatment and injections of anesthet the tender points also may help. Buchwald rec mends reconditioning the muscles with physical th py and by stretching. "Patients can then progres walking and swimming at a slow pace for a lim amount of time. In some cases, they may be abl build up to aerobic activities, like biking," she says.

"I urge patients to exercise at least three time week for twenty minutes, beginning with walking slow pace." says Nabih Abdou, M.D., a rheumat gist and immunologist with the University of Miss in Kansas City. "Just loosening up the muscles ma a big difference." Counseling and support groups also crucial to assure patients that fibromyalgia crippling or progressive and to help them adjus this chronic condition.

FOR MORE INFORMATION

CHRONIC FATIGUE SYNDROME

- The Centers for Disease Control and Prevention pr vides recorded information about CFS through twenty-four-hour disease hot line at 404-332-4555.
- Chronic Fatigue and Immune Dysfunction Syndrom Association, P.O. Box 220398, Charlotte, NC 2822 800-442-3437.
- National Chronic Fatigue Syndrome Associatio 3521 Broadway, Suite 222, Kansas City, MO 6411 816-931-4777.

FIBROMYALGIA

- Fibromyalgia Network, 5700 Stockdale Highwa Suite 100, Bakersfield, CA 93309; 805-631-195 Monday through Friday, 10 A.M. to 2 P.M, Pacific Coa Time.
- American College of Rheumatology, 60 Executi Park South, Suite 150, Atlanta, GA 30329; 404-633-377

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Scoping out infertility

An experimental new tool called a falloposcope allows physicians to actually look inside fallopian tubes and determine why a couple is having trouble conceiving.

At the Jones Institute for Reproductive Medicine at Eastern Virginia Medical School, in Norfolk, Virginia (one of several test centers), doctors thread a tiny hose through the cervix and uterus into the tubes and inflate a small balloon to gently separate the walls. A scope and video screen are used to view the tubes' interior.

The falloposcope "can help us decide whether in-vitro fertilization or surgery to remove scar tissue is the better option," says Charles C. Coddington, III, M.D., associate professor of obstetrics and gynecology.

—*Sally Squires*

ARE YOU A SLEEP EATER?

A bizarre ailment known as sleep-related eating disorder is giving new meaning to the term "midnight snack." People with the condition binge during the wee hours without waking up. Episodes usually occur every night, sometimes more than once, and are characterized by frenzied, out-of-control gorging on all kinds of food, even oddities such as buttered cigarettes, salted cat-food sandwiches or raw bacon. The nocturnal noshers don't remember the incidents in the morning, but they suspect something is wrong when they wake up to find remains of meals.

Neurologist Mark Mahowald, M.D., and his colleagues at the Minnesota Regional Sleep Disorders Center at Hennepin County Medical Center, in Minneapolis, studied nineteen sleep eaters, aged eighteen to fifty-four, fourteen of them women. This condition may, like other eating disorders, disproportionately affect females, yet it is completely separate from anorexia and bulimia. "This isn't a nighttime extension of a waking disorder," explains Mahowald. "It appears, instead, to be a type of sleepwalking."

The nighttime bingers had suffered the condition from one to twenty-five years. They sought treatment because of concerns about weight gains, which ranged from thirteen to sixty-seven pounds. And some feared for their safety: They had cut their fingers chopping food, scalded their mouths while wolfing down oatmeal and hot drinks, or bruised themselves by slamming into walls or furniture in their rush to the kitchen. One woman woke up as she was preparing to chug down a bottle of ammonia cleaning fluid.

The Minnesota researchers successfully treated the sleep eaters with a combination of two drugs: clonazepam, often used to control sleepwalking; and bromocriptine, also a therapy for Parkinson's disease. It's too soon to tell whether patients will be able to taper off the drugs without relapsing.

Mahowald and his colleagues are now investigating what causes the ailment (it's likely to be genetic), and how prevalent it is. They suspect that though it's almost never discussed, it is fairly widespread. "I know this is much more common than people realize," Mahowald says. "Since our study appeared, we've gotten calls from colleagues around the country who've seen sleep eaters."

If you think you may be eating in your sleep, it's important to go to an accredited sleep center. For a listing of facilities in your area, write the National Sleep Foundation, a nonprofit organization that provides information on sleep disorders, at 122 South Robertson Boulevard, Third Floor—LHJ, Los Angeles, CA 90048. —Nadia Zonis

Vitamin relief for achy muscles

Taking vitamin E (an antioxidant) before a workout may minimize muscle damage and reduce soreness. In a study at the USDA's Human Nutrition Research Center on Aging at Tufts University in Boston, participants took 800 I.U. of vitamin E daily for seven weeks prior to running on a treadmill for forty-five minutes. A control group also exercised but took placebos. Nutritionist Mohsen Meydani, Ph.D., found that the vitamin group excreted far fewer by-products of fat oxidation, which normally cause muscle inflammation and aches.

—Joan Lippert

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nportant to balance risks against proven benefits. derm has been used safely by millions of women lieve hot flashes, night sweats, and other menopausal symptoms. And a study at the Mayo Clinic has confirmed that Estraderm can halt bone loss and prevent postmenopausal osteoporosis. Of course, this doesn't mean that Estraderm is for every woman. For example, pregnant women should avoid estrogen therapy. Also, estrogen therapy has been associated an increased risk of uterine cancer. Women should their doctor if they have ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any cardiovascular disease.



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Q. What can I expect from Estraderm as part of an osteoporosis-prevention program?

— This depends on when you start therapy, the condition of your bones when you start, and how long you continue. You should remember that a calcium-rich diet and exercise are also an important part of an osteoporosis-prevention program.

A FREE MENOPAUSE INFORMATION PACK

A complete menopause information pack (with facts about postmenopausal osteoporosis) and a sample nonmedicated patch to try are yours for the asking. Just call 1-800-521-CIBA, or send this coupon.

TO RECEIVE YOUR FREE MENOPAUSE INFORMATION PACK, MAIL TO CIBA, P.O. BOX 907, SPRING HOUSE, PA 19477-9945

1-800-521-CIBA, EXT. LH25G

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LH-25

ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM AVAILABLE IN 0.05 MG AND 0.1 MG STRENGTHS.

See next page for additional important information.

Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

NOW THE CHANGE OF LIFE DOESN'T HAVE TO CHANGE YOURS.

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Important Information on Estraderm Continued from Previous Page

Estraderm®
estradiol transdermal system
Continuous delivery for twice-weekly application

BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT).

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case-control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case-control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens or equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The role of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk of osteoporosis have not been established.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert printed below.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake is decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change in menstrual flow; increase in size of uterine fibromyomata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with oral estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

DOSAGE AND ADMINISTRATION

The adhesive side of the Estraderm system should be placed on a clean, dry area of the skin on the trunk of the body, (including the buttocks and abdomen). *Estraderm should not be applied to the breasts.* The sites of application must be rotated, with an interval of at least 1 week allowed between applications to a particular site. The area selected should not be oily, damaged, or irritated. The waistline should be avoided, since tight clothing may rub the system off. The system should be applied immediately after opening the pouch and removing the protective liner. The system should be pressed firmly in place with the palm of the hand for about 10 seconds, making sure there is good contact, especially around the edges. In the unlikely event that a system should fall off, the same system may be reapplied. If necessary, a new system may be applied. In either case, the original treatment schedule should be continued.

Initiation of Therapy

Treatment of menopausal symptoms is usualy initiated with Estraderm 0.05 mg applied to the skin twice weekly. The dosage should be adjusted as necessary to control symptoms. The lowest dosage necessary for the control of symptoms should be used, especially in women with an intact uterus. Attempts to taper or discontinue the medication should be made at 3- to 6-month intervals.

Prophylactic therapy with Estraderm to prevent postmenopausal bone loss should be initiated with the 0.05 mg/day dosage as soon as possible after menopause. The dosage may be adjusted if necessary to control concurrent menopausal symptoms. Discontinuation of estrogen replacement therapy may reestablish the natural rate of bone loss.

In women not currently taking oral estrogens, treatment with Estraderm may be initiated at once. In women who are currently taking oral estrogen, treatment with Estraderm should be initiated 1 week after withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

Therapeutic Regimen

Estraderm therapy may be given continuously in patients who do not have an intact uterus. In those patients with an intact uterus, Estraderm may be given on a cyclic schedule (e.g., 3 weeks on drug followed by 1 week off drug).

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each 10 cm² system contains 4 mg of estradiol USP for nominal* delivery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083-2310-08
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083-2310-62
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083-2310-24

Estraderm 0.1 (estradiol transdermal system)—each 20 cm² system contains 8 mg of estradiol USP for nominal* delivery of 0.1 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083-2320-08
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083-2320-62
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083-2320-24

*See DESCRIPTION.

Do not store above 86°F (30°C).
Do not store unpouched. Apply immediately upon removal from the protective pouch.
C91-37 (Rev. 9/91)

CIBA

CIBA Pharmaceutical Company
Division of CIBA-GEIGY Corporation
Summit, New Jersey 07901

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SPECIAL ADVERTISING SECTION

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hat Let Children Explore Their Lives



THE STOCKMARKET—DAVID HUNDLEY

You'd never convince Jeff Peyton of it, but **The Berenstain Bears Go Out for the Team** isn't a self-help book. You see, last year, when his son Zachary was 7, Jeff realized that the boy had a major-league worry—not making the cut for his Richmond, Virginia, Little League team. Jeff ed Zach's fears by reading him Stan and Berenstain's charming storybook about g out.

"The book really helped Zach work through his pre-tryout jitters," Jeff says. "As we counted down days to tryout time, he picked up that book again and again."

Zach made the team and had a fun season. And the experience sold Jeff on a practice that experts in reading and child development have long recommended—using books to help children over some of the bumps in their lives.

"Books provide children and adults with road maps for exploring experiences, feelings and ideas," says Lawrence Balter, a child psychologist at New York University. Dr. Balter wrote a series called **The Stepping Stone Stories** (Barron's, 1989-91) to help kids deal with issues like illness and loss. "Books aren't the end-all solution to helping children

Continued on page A10



THE STOCKMARKET—ROY MORSCH

LIFE IS A STORY

How can we help our kids develop strong character? We asked William Kilpatrick, a Boston College fessor and the author of **Why Johnny Can't Tell Right from Wrong** (Simon & Schuster, 1992).

Q: You want more parents to use stories to promote traits such as honesty, charity, courage and self- trol. Why?

A: Character-building is mainly a matter of forming good habits. Stories and histories can help your ld do that because they provide good examples and inspiration. A good story says to us, in a very subtle

ntinued on page A2

WIN $1,000 FOR YOUR LOCAL SCHOOL LIBRARY



Visit your local Chrysler-Plymouth, Dodge or Jeep-Eagle dealer and you'll qualify for a free video—Learn at Every Turn. And that's not all. Any school you designate has a chance at winning $1,000. See page A11 for details.

Dear Parent:

When was the last time you thanked a book?

Can't remember? Well, that's not something we do every day at Chrysler Corporation either.

But we ought to. Like any successful business, we owe our existence to books. Books fuel our workers' imaginations, inspiring the innovations that keep Chrysler Corporation riding the crest of our industry.

Yet without customers the Chrysler quality wouldn't count for much. That's another reason we're grateful to books. Our customers' reading skills enable them to earn enough to buy our products.

This special section is our way of saying thanks to books. It's the second of three created as part of the *Chrysler Learning Connection,* a major effort to strengthen school-home links. The program also consists of a free video and booklet for parents and a teaching kit for use in elementary schools.

Two first-rate education groups worked hard to make the program happen: the American Federation of Teachers (AFT) and the Association for Supervision and Curriculum Development (ASCD).

Together we hope to convince you to thank books—for giving you and your child hours of shared pleasure and a lifetime of special memories.

Robert J. Eaton
Chairman,
Chief Executive Officer
Chrysler Corporation

LIFE IS A STORY

continued from page A1

way, "Act like this. Don't act like that."

Using stories this way isn't new. In earlier times people realized that worthy models are not evenly distributed among the population. So they turned to stories. To a large extent the moral education of the Greeks and Romans came from hearing epics such as the **Iliad,** the **Odyssey** and the **Aeneid.**

Q: What advantage do stories have over, say, sermons or lectures?

A: Emotional impact. Stories can help create an emotional attachment to goodness, a desire to be good. Also, we tend to interpret our lives as stories, and rightly so. Life is a story. The stories we read or hear help us find a plot and a purpose to our lives.

Q: What's your idea of a great character-building book?

A: I describe dozens in my new book. One of my favorites is the fairy tale **Beauty and the Beast** (Clarion, 1989), which says a lot about the true nature of love and commitment. **The Little Match Girl,** by Hans Christian Andersen (Putnam, 1990), gives young children a rare insight into the tragedy of poverty. Anyone age 8 to 80 can enjoy C.S. Lewis' seven-book series, **The Chronicles of Narnia.** It's about a group of children who struggle with their own internal weaknesses and temptations to pettiness and meanness and even treachery. These are great stories that really hook the imagination. They teach your child important lessons without being preachy.

SELF-HELP FOR TEENS

Teenage Stress and **Teen Skin from d to Toe** probably aren't on your must-list. **Straight Talk About Parents** and **k-Pack and a Fake I.D.: Teens Look e Drinking Question** probably aren't r.

Yet, if you were 12 to 18 years old, ces are these titles would draw you like a or to a prom. They're part of one of 's hottest publishing categories—age self-help.

"The best ones help kids e decisions," says Stephanie n, a specialist in books for h and an editor at the rican Library Association's *list* magazine. "And they're They make it plain that t can't solve all of a kid's lems."

Zvirin knows these books . She reviews over 200 of her book picks in **The Best rs of Their Lives: A ource Guide for Teenagers Crisis** (American Library ociation, 1992). Among her favorite literary choices for teenagers:

•**Safe, Strong, and Streetwise,** by Helen Bendedict (Joy Street Books/Little, Brown, 1987). Plain talk on sexual assault from a rape crisis counselor.

•**Social Savvy,** by Judith Re and Meg F. Schneider (Summit, 1991). How to use manners as a foundation for confidence.

•**The What's Happening to My Body? Book for Girls,** by Lynda and Area Madaras (Newmarket, 1988). One of two books on puberty (the other is for boys) by Lynda Madaras, an experienced sex-education teacher.

•**What Do I Do Now? Talking About Teenage Pregnancy,** by Susan Kuklin (Putnam, 1991). "More than enough to cause teens to think twice before putting themselves at risk for parenthood," Zvirin says.

•**Beating the Odds: Stories of Unexpected Achievers,** by Jane Bode (Watts, 1991). Upbeat and inspirational profiles of 11 young adults who have overcome great obstacles in their lives.



TONY STONE WORLDWIDE—DON SMETZER

PARENTS Speak Out

What's the single most important skill children can learn? About 44 percent of all parents say it's reading—twice the proportion that puts math first. But in interviews last spring, nearly nine out of 10 teachers called reading the crucial skill!

This surprising split is revealed in the **American Federation of Teachers-Chrysler Report on Kids, Parents and Reading,** a nationwide study conducted by Peter D. Hart Research Associates. The researchers found teachers quick to praise parents who read to and with their children throughout the school years. "Kids who come from families that read tend to be the better readers," explained a sixth-grade teacher from New Mexico.

To help more parents make reading a focus of family life, Chrysler Corporation is offering a free video and booklet designed to suggest ways to enrich home learning environments. Both describe dozens of ways you can help your child develop a lifelong love of reading. See page A11 for details.



See limited warranties, restrictions, and details at dealer. *Optional equipment on Eagle Vision TSi shown. For more information, call 1-800-JEEP-EAGLE. Buckle up for safety.

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Life 101: A Reading

Use books like these to inspire face-to-face chats on childhood problems and fears.



CELEBRATING FRIENDSHIPS

•**Newf,** by Marie Killilea (Philomel, 1992). Ages 5–10. A huge Newfoundland dog and a tiny kitten develop a rewarding relationship.

•**Wilfrid Gordon McDonald Partridge,** by Mem Fox (Kane/Miller, 1985). Ages 5 and up. A young boy's friendship with an elderly woman is a lesson in the joy of giving.

•**The Sugar-Gum Tree,** by Patricia Wrightson (Viking, 1992). Ages 7–11. Conflict is unavoidable—even, as here, between best buddies.

•**The Son of Someone Famous,** by M.E. Kerr (Harper, 1974). Ages 11–14. Two outsiders develop a special caring for each other.

▪**Always and Forever Friends,** by Carole Adler (Ticknor, 1988). Ages 10–13. Wendy's efforts to create a friendship with Honor, an African-American, are met with suspicion and fear.



Brothers and Sisters

▪**Little Sister for Sale,** by Morse Hamilton (Cobblehill, 1992). Ages 4-8. Kate discovers that being a big sister isn't so bad after all.

•**Don't Touch My Room,** by Patricia Lakin (Little, Brown, 1985). Ages 4-6. Aaron makes room in his heart for baby brother.

•**How Do I Feel?** by Norma Simon (Whitman, 1970). Ages 8-13. A boy has a hard time dealing with a twin and an older brother.

•**I'm Telling! Kids Talk About Brothers and Sisters,** by Eric Arnold and Jeffrey Loeb (Little, Brown, 1987). Ages 8-11. Touching, funny anecdotes about siblings.

•**What My Sister Remembered,** by Marilyn Sachs (Dutton, 1992). Ages 9-13. Two orphaned sisters meet after eight years and must deal with a terrible secret.

•**And You Give Me a Pain, Elaine,** by Stella Pevsner (Houghton, 1978). Ages 10-12. After her mother dies, Andrea must work extra hard to get along with her older sister.



DEALING WITH SPEC CHALLENGES

•**Josh: A Boy with D lexia,** by Caroline Jano (Waterfront, 1988). Ag A learning-disabled fift grader braves a storm help for an injured frie

•**Welcome Home, Jellybean,** by Marlene Shyer (Macmillan, 197 Ages 9-13. Neil's older coming home after spe most of her life in an institution for mentally handicapped children. Betsy Byars' award-win **The Summer of the S** (Viking, 1970).

•**The Man Who Love Clowns,** by June Rae W (Putnam, 1992). Ages 1 friend helps Delrita see her beloved uncle's Do syndrome is nothing to ashamed of.

•**The Snow Goose,** by Gallico (Random House 1992). All ages. A respe classic about a painter v disability who rescues a War II soldier.

•**Barry's Sister,** by Lo Metzger (Macmillan, 19 Ages 10 and up. Ellen le to live with and love a b with cerebral palsy.



Living with Illness and Loss

•**Luke Has Asthma, Too,** by Alison Rogers (Waterfront, 1987). Ages 3-7. An upbeat story about a boy's experience with an illness that affects one of every 20 children.

•**A Time for Remembering,** by Chuck Thurman (Simon and Schuster, 1989). Ages 5–8. After his grandfather dies, a boy recalls the special times they shared together.

•**A Family Project,** by Sarah Ellis (Macmillan, 1988). Ages 9–12. Jessica and her brothers cope with their baby sister's crib death.

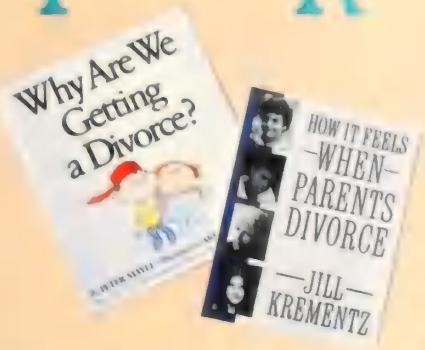
•**Bridge to Terabithia,** by Katherine Paterson (Harper, 1977). Ages 10–13. A beautifully written story about how a boy handles the sudden death of his best friend.

•**Learning to Say Good-by: When a Parent Dies,** by Eda LeShan (Macmillan, 1976). Ages 7 and up. Insight into kids' feelings, plus sympathy and practical advice.

•**My Book for Kids with Cansur,** by Jason Gaes (Houghton Mifflin, 1987). Ages 4-9. A young cancer patient's account of chemotherapy, surgery and remission paints a portrait of courage.

st for Kids





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ays Goodbye, by
d Waber (Houghton
1988). Ages 4-7. Ira
is best friend, Reggie,
to move.

eaving Morning, by
Johnson (Orchard
1992). Ages 5-9. Two
n say good-bye to the
and friends they love.

Corbett Eats Flies,
icia Hermes (HBJ,
Ages 8-11. If Kevin can
dad to fall in love,
they'll stay in one place
hile.

Susannah, by Libby
n (Holiday, 1989). Ages
After her best friend
, Susannah withdraws
erself.

Reconfigured Family

•**Upside Down,** by Mary Jane Miller (Viking, 1992). Ages 8-12. When her mom dates the father of two classmates, Sara must find the strength to accept change.

•**Where Do I Belong? A Kid's Guide to Stepfamilies,** by Buff Bradley (Harper, 1982). Ages 8-11. Tips on living in stepfamilies.

•**Why Are We Getting a Divorce?** by Peter Mayle (Harmony, 1988). Ages 8-12. Why parents split up and how children can handle their wide variety of feelings.

•**How It Feels When Parents Divorce,** by Jill Krementz (Knopf, 1984). Ages 9-13. Children talk about living through a divorce.

•**Father Figure,** by Richard Peck (Viking, 1992). Ages 12 and up. When their mother dies, eight years after her divorce, two brothers get the chance to know—and forgive—their father.



The Joys of Adoption

•**The Chosen Baby,** by Valentina Wasson (Harper, 1977). Ages 4-6. A lovely story about what it means to be adopted.

•**We Adopted You, Benjamin Koo,** by Linda Walvoord Girard (Whitman, 1989). Ages 7-10. Korean Benjamin, 9, explains being brought up by parents from another culture.

•**Growing Up Adopted,** by Maxine Rosenberg (Macmillan, 1989). Ages 8 and up. Reassuring and inspiring stories of adoptees from 8 to 48.

•**Being Adopted,** by Maxine Rosenberg (Lothrop, 1984). Ages 8-10. What it's like to be adopted by a family of a different race.

ning Body Safety

IY Body, by Lory
n (Parenting Press, 1983).
6. Teaches young children
say no to unwanted
g.

ody Is Private, by Linda
rd Girard (Albert
an, 1984). Ages 5-10.
parents teach her how to
herself from unhealthy
es.

lore Secrets for Me, by
Wachter (Little, Brown,



1983.) Ages 7 and up. Four stories on child abuse show children defending themselves, often with adult help.

•**Hobkin,** by Peni R. Griffin (Macmillan, 1992). Ages 9-12. Two sisters escape from an abusive father and are happily reunited with their mother.

Ask the family who su



Ask Bruce and Paula Cartwright from Cedarburg, Wisconsin, who swerved to avoid a jackknifed semi-trailer. And ran right into a concrete abutment in their '91 Dodge Caravan.

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BOOKS AS ROA

THAT LET CHILDREN EXPLO

Continued from page A9

cope with childhood challenges," he says. "But they do provide parents with an excellent place to begin learning and talking about issues with their children."

Maureen Cuddigan, a children's librarian in Burnsville, Minnesota, agrees. "When parents discuss books with their youngsters," she says, "children become better and better at defining their feelings and being able to master their experiences."

To make those discussions more frequent, Dr. Balter advises sharing a wide assortment of books with your child. That way you make it more likely that he will connect with issues that are personally important to him. "Parents can't possibly know or anticipate each and every issue that concerns their children," Dr. Balter says.



TONY STONE WORLDWIDE—BILL BACHMANN

How might books help your child grow? For ideas, scan the book lists on pages A6 and A7. Also, browse the stacks of your school or public library, where books that matter are plentiful and cost nothing to borrow. And soon you'll be collecting success stories like these:

• In Sea Cliff, New York, Eric Carle's **The Very Hungry Caterpillar** (Putnam, 1981) inspired a dinnertime game that put an end to picky eating at Jane McGilloway's house. At mealtimes she magically transforms her four girls into "kidderpillars." They love pretending to be human counterparts of the book's famished title character, who eats his way through his life cycle to emerge as a butterfly.

"My children love the book and the game," McGilloway says. "Since I hit on this idea, getting my kids to nibble new foods has become, well, child's play!"

• At the George Bush Elementary School in Midland, Texas, Beverly Crosson enlists the aid of Janice L. Smith's **The Monster in the Third Dresser Drawer** (Harper Collins, 1981) to help her first-graders come to grips with tensions over sibling rivalry. "It's an read chapter book," Crosson says. " focuses on the daily trials and tribul a boy named Adam Joshua."

The kids are all ears at the arr Joshua's baby sister. reading," Crosson sa kids are always eage share their sibling sa from home."

• At the Newma School in New Orlea Louisiana, teachers R Bilbe and Naomi Kor have found Nancy Ca **Arnie and the New** (Viking, 1990) as a gr antidote to their kindergarteners' discomfort about pe with disabilities. "When we knew tha student's wheelchair-bound grandmo was coming to visit, we got ready by



Arnie and the New Kid," Bilbe reca (The "new kid" also gets about in a wheelchair.)

"By the time our visitor arrived,

IS THIS BOOK O.K. FOR YOUR CHILD?

If you need help choosing books to prepare your child for life's little knocks, try following this advice from Maureen Cuddigan, coauthor of **Growing Pains—Helping Children Deal with Everyday Problems Through Reading** (American Library Association).

- Ask a librarian or teacher to recommend books on specific issues.
- Make sure the story line supports beliefs and values you approve of.
- Avoid books that talk down to kids or are too preachy.
- Be assured that reading and talking about a problem won't make it worse. Knowledge and understanding help children feel in control of their lives.

APS

EIR LIVES

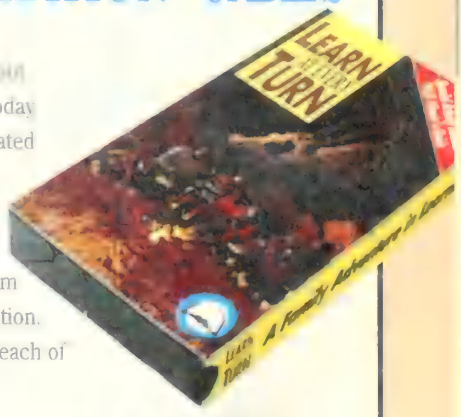
iew what to expect," Bilbe says. "They stare. Instead, they asked her itful questions."

In Stratford, Connecticut, Kathy la found that Robert McCloskey's **One ng in Maine** (Viking, 1952) was just ng to calm her 6-year-old daughter, In the book, as in Kate's life, someone ces a little girl's tooth before she can t for the Tooth Fairy. "I'm not sure how impact this book had on Kate," Kathy . "But it helped me feel better. It d me how to understand Kate's feelings y she could appreciate."

ibrarian Maureen Cuddigan has heard tories often. "Books help adults feel their children's world," she says. 're bridges to understanding. They give en and grown-ups the ability to share, it and understand feelings and events." She wouldn't have to work hard to sell lea to Jeff Peyton and his baseball-loving achary. They're believers. They've seen ooks can help children overcome ilt moments in their lives .

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1. 2.

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2. Send for a *FREE* video and booklet. While supplies last, Chrysler is offering every family a free copy of the video *Learn at Every Turn* and the booklet *Recipes for Reading Success.* Fill out and mail the attached postage-paid postcard to get your *free* video and booklet.

eepstakes rules

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. To enter, fill out the Sweepstakes Entry on a regular postcard, print your name ress and the name and address of a local rivate or parochial school teaching any of es 1 through 8. Mail the Entry Card to sler *Learning Connection*, P.O. Box linton, IA 52732-9205. Mail postcard o the *Chrysler Learning Connection*, P.O. 0, Clinton, IA 52736.

3. All entries must be postmarked no later gust 1, 1993. No responsibility is assumed for late, lost or misdirected entries. One entry per family. (All U.S. schools that serve students in any grade from 1 through 8 will be automatically entered one time.)

4. The 50 winning schools will be selected in a random drawing from all eligible entries received, under the supervision of Meredith Corporation, whose decisions are final, on or about September 15, 1993.

5. PRIZES: Chrysler Corporation will award $1,000 to each of these 50 schools. These schools will be notified on or about September 15, 1993. Each award will be granted in the name or names of the individual(s) who made the winning nomination and must be used for the purchase of library books. Only one award per school. Odds of winning depend on the number of entries received. Applicable taxes are the sole responsibility of the winner. No transfers or substitutions of prizes.

6. All entries become the property of Chrysler Corporation. Principals of the winning schools will be required to sign an affidavit of eligibility and advertising release, which must be returned within 10 days of receipt of notification, or an alternate winner may be chosen.

7. The schools nominated for the award must operate in the United States. Nominators must be 21 years of age or older. Employees of Chrysler Corporation and Meredith Corporation and the families of each, their affiliated companies, advertising and public relations agencies or judging agency are not eligible to enter. Void where prohibited or restricted by law or taxed. Federal, state and local laws apply.

8. For a list of all 50 award recipients, send a stamped, self-addressed envelope to Chrysler Library Awards Recipients List, P.O. Box 8195, Clinton, IA 52736.



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N DISGRACE

Bessie Pease Gutmann

assic painting by one of America's est cherished artists comes to life a fine, hand-painted sculpture.



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was all an accident...but when she tossed ne ball for her puppy to fetch, he tram- lots of Mommy's flowers. So now she "think things over" in the corner. One at her heartrending penance, however, ou know Mommy won't keep her there long. She and her faithful collie pup will be prancing and playing again!

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sgrace is faithful to the artist's original ting and is expertly hand-painted in the y pastel shades that are the hallmark of Bessie Pease Gutmann's art. The sculpture is painstakingly crafted of cold-cast porcelain — a special mixture of resins and porcelain, prized by artists for its ability to capture minute detail.



isgrace is true to Bessie Pease mann's original (shown above) d radiates the ly pastel shades which her work is renowned.

Look at the puppy's floppy ears, the blue ribbons accenting the little girl's dress and the dimples at the back of her knees. Note, too, the exacting reproduction of Bessie Pease Gutmann's signature, clearly inscribed on the sculpture. Details such as these make *In Disgrace* a collector treasure.

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In Disgrace is available exclusively n the Danbury Mint, and is attractively priced at just . Whether you're a collector of fine sculptures or sim- a lover of Bessie Pease Gutmann's endearing art, *In grace* will be cherished by your family for generations ome. Your satisfaction is guaranteed, so return the ervation Application today!

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by Bessie Pease Gutmann

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699EL H1



Are men really obsessed with sex? When do they actually reach their sexual peak? And just how far are they willing to go to make themselves feel like great lovers? Our special report reveals the secrets no man (not even your husband) will ever tell you

The **biggest myths** about male sexuality

Even the most knowledgeable couples have some misconceptions in the bedroom. Here's what you need to know to make your sex life really sizzle. By Donna Brown Hogarty

"For Lori and me, sex keeps getting better and better," says Tim Adams,* thirty-seven, a social worker who lives in Manhattan. Yet he has a surprising secret. In order to make his wife think he's climaxed simultaneously with her, he's faked orgasms. "I didn't want to wreck the mood," he says. "So I pretended to climax, too."

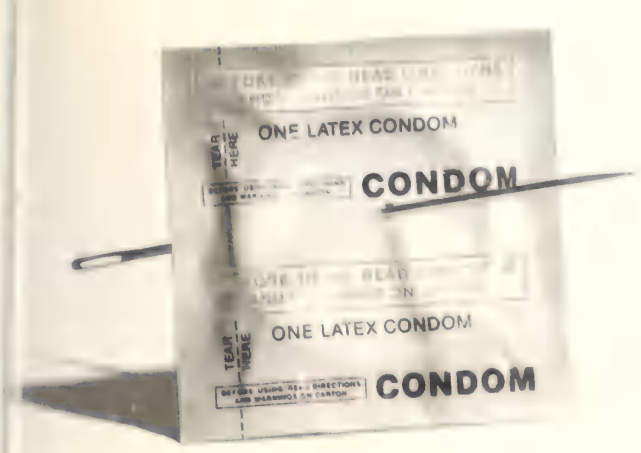
Surprised? Many of us believe that men are unable to fake orgasm. But in fact, this is just one of the many destructive stereotypes about men and sex that abound. Despite decades of enlightenment and volumes of research, millions of women are still misinformed about their partners' sexuality. In some cases, men themselves don't know where the fiction ends and the truth begins.

To make matters worse, men are often afraid to talk about their deepest sexual needs. "A lot of men buy into the stereotypes of male sexuality, and when they see their behavior as being different from what they believe is normal, they feel discouraged and disappointed," says Sarah Auchincloss, M.D., a New York psychiatrist and sex therapist.

But these men—and the women who love them—pay a price for their silence. Making love is most satisfying when both partners are comfortable with their true sexual selves. By learning to separate the myths from reality, and encouraging your husband to talk about his needs, you can revitalize your sex life.

Here are some common myths about male sexuality. *(continued)*

* *Names have been changed.*



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(continued) How many did you think were true?

myth: Men cannot fake orgasms.

Like Tim, "almost all men have at some time faked orgasm," says Ted McIlvenna, Ph.D., president of the



Institute for Advanced Study of Human Sexuality, a research institute and graduate school based in San Francisco. Two years ago, when a team of researchers from the Institute asked a sample of 2,000 men whether they had ever faked orgasm, "virtually one hundred percent responded that they had," reports McIlvenna. "Sometimes the man had consumed too much alcohol, or had argued with his partner. In other cases, he simply hadn't received enough sexual stimulation." As a result, the men decided that they "just wanted to get sex over with."

For Tim, faking an orgasm was a way to heighten his wife's climax—or so he thought. But Lori says that mutual orgasm is simply not that important to her.

Fortunately, "since Tim has faked orgasm only a couple of times, this couple doesn't really have a problem," says sex therapist Dennis Dailey, D.S.W., a professor in the School of Social Welfare at the University of Kansas, in Lawrence. "Tim should stop worrying about his orgasms and just relax and enjoy lovemaking."

However, if either partner regularly fakes orgasm, there may be serious trouble in the relationship. Faking orgasm is a form of deception, experts say, and that can lead to dishonesty in other areas of a marriage and eventually undermine it.

What can couples do? First, they must realize that there are times, for both partners, when an orgasm isn't going to happen. "Often, a man can enjoy making love, but not be sufficiently aroused to climax," says Lonnie Barbach, Ph.D., a psychologist in San Francisco and co-author of *Going the Distance: Finding and Keeping Lifelong Love* (Plume, 1993).



If your partner does have trouble reaching orgasm, "let him know that it's okay, and try some other form of stimulation, such as oral sex or manual [sex]," says Auchincloss.

Finally, focus on feeling close to each other and enjoying sex—whether or not both of you climax.

myth: Men masturbate because their partner hasn't satisfied them.

Paul Sargent, a thirty-one-year-old machinist in Pennsylvania, often thinks that his wife, Deborah, is too tired after a busy day to want to make love. So after she's fallen asleep, Paul quietly masturbates.

This secret scenario is played out in millions of homes across the country. According to an ongoing survey of 35,000 men and women by the Institute for Advanced Study of Human Sexuality, 98 percent of men have masturbated at some point, and 61 percent of the married men still masturbate.

Are all of these men dissatisfied lovers? No, in fact, just the opposite may be true. "The people who masturbate the most—both men and women—are the least likely to have sexual problems, especially in later life," says Ted McIlvenna.

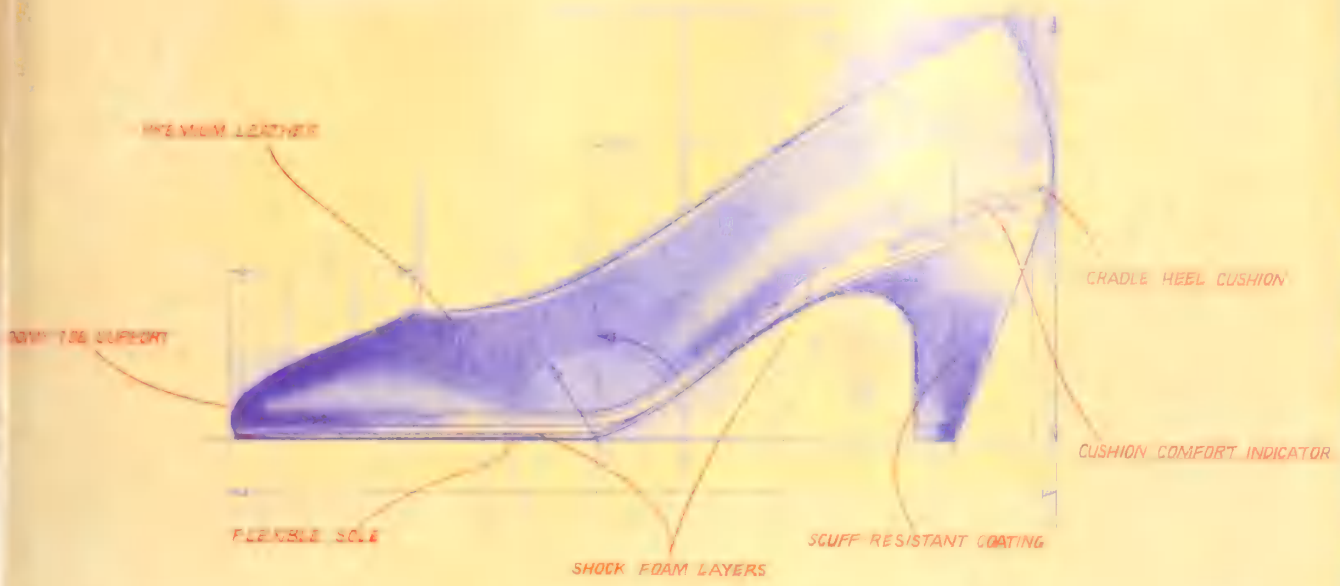
"I masturbate to help me fall asleep," says Paul. Other men do it to relieve tension. "A lot of people tell me that they masturbate when they're studying, or when their job is difficult," says Sheila Jackman, Ph.D., director of the division of human sexuality at Albert Einstein College of Medicine, in the Bronx. "It's also helpful when there's a disparity between sex drives. If a man wants sex five or six times a week, and that's not his partner's rhythm, masturbation is a useful outlet."

Although a few men *do* masturbate because they're unhappy with their partner, this is rare. Generally, husbands masturbate for the same reason wives do—as another way to enjoy sex.

myth: Men reach their sexual peak in their late teens and early twenties.

"I enjoy sex much more today than I did when I was young," says Stan Bennett, sixty-two, a government official who lives near Washington, D.C. "When I was young, I wanted to have an orgasm as quickly as I could. Now, I don't rush."

Like Stan, many middle-aged and older men have become better lovers. But because our society has portrayed aging men as less virile than their youthful counterparts, most women believe that sex diminishes as their mates get older. *(continued)*



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AAAA	AAA	AA	B	C	D	EE
7-11	6½-11	6-12	4-12	5-11	5-10	6-10

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(continued) Yet, in truth, many older men manage to make the aging process work *for* them. "The key to good sex is not in orgasm but in the buildup or arousal period," says New York psychologist and sex therapist Dagmar O'Connor, au-



thor of *How to Make Love to the Same Person for the Rest of Your Life and Still Love It* (Bantam, 1989). "Many men, as they mature, are surprised to find that they really do need and enjoy foreplay."

Older men may also have a psychological edge. "Often, men don't become good lovers until they reach their forties or fifties, when they understand that sex is about pleasure rather than performance," says Bernie Zilbergeld, Ph.D., a psychologist in Oakland, California, and author of *The New Male Sexuality* (Bantam, 1992).

Unquestionably, though, the aging process can rob some men of their confidence. Says Dennis Dailey, "Such a man needs to realize that sexual conquest is not as important to him as warmth and closeness." A few subtle changes in lovemaking—such as more manual or oral stimulation—can also make a difference. By helping your partner to regain his sexual self-esteem, you can experience new closeness and pleasure—no matter what your age.

The **ultimate** sex operation

More and more men are undergoing plastic surgery to improve their bodies—and their sexual performance. How far will they go? You (almost) won't believe it. By Andrea Gross

For years, women have been criticized for undergoing breast augmentation. Now some men are going to even greater extremes to enhance their bodies: A small number of doctors in the U.S. are performing penile-augmentation surgery, which can make the penis 50 percent thicker, and look about one inch longer.

Although so far only a few thousand men have undergone penile augmentation, plastic surgeons and urologists who do this kind of surgery say they get about a dozen inquiries every day. Why would a man elect to undergo such a procedure? Many patients say it's because they want to feel better about themselves.

Some of the men who request these operations do have unusually small sex organs, but about half are already average size. Yet these men want to be even bigger. And they're willing to pay from $2,000 to $5,000 to get that way.

Steve Davis(not his real name), a forty-two-year-old computer technician in Los Angeles, has had his penis enlarged twice. He went to Brian Novack, M.D., director of the Beverly Hills Institute for Body Sculpting, in January 1992 for a procedure to expand the girth. While Steve was under a general anesthetic, Novack liposuctioned a small amount of fat from the area surrounding Steve's belly button. After cleaning it, he injected the pure fat beneath the skin of Steve's penis, smoothed it into place around the shaft and applied a special tape to keep it from shifting.

Novack warned Steve that nearly two thirds of the fat would be resorbed within four months. He also explained that about 5 percent of the time the fat resorbs unevenly. In that case, he would inject fat to correct the problem.

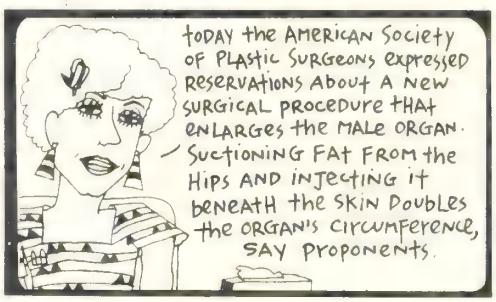
Afterward, Steve had some discomfort, but no real pain. By the time the excess fat resorbed, his penis had increased in circumference by more than an inch.

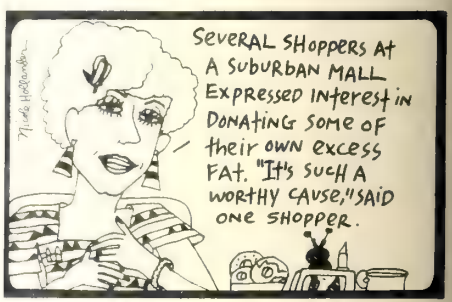
Many doctors still regard the procedure with suspicion. The American Society for Aesthetic Plastic Surgery recently issued a statement warning that "there is currently insufficient data to establish its safety and effectiveness."

But for Steve, the procedure worked so well that nine months later, he decided to go back for more girth—and more length.

Surgeons don't actually lengthen the penis, but they can make it appear longer. One technique is to partially cut the suspensory ligament that attaches the penis to the pubic bone. This allows the penis to come farther forward, and can make it look about an inch longer. This technique is also considered risky by some physicians, who fear it could leave a man with a wobbly penis. And that's not the only danger: Experts cite the possibility of nerve damage, bleeding or infection.

But for Steve, the risks were well worth it. "If I had to do it all over again, I definitely would," he says. "It has made me a happier person."







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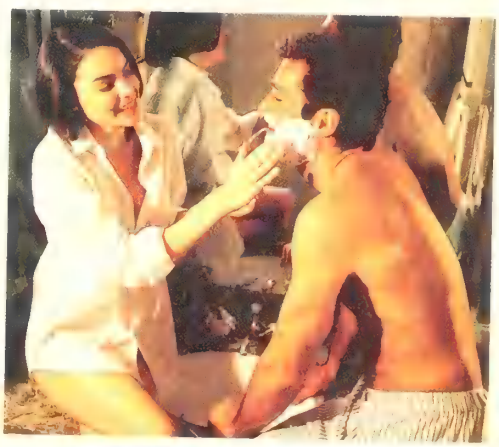
Question: How often do men think about sex? **Answer:** He's probably thinking about it right now!



By Hank Herman

Thinking about sex is not only something men do with gusto—it's also something they do with amazing frequency. According to a study by Karen Shanor, Ph.D., a clinical psychologist in Washington, D.C., men between the ages of twelve and forty think about sex an average of six times per hour. Not surprisingly, twelve- to nineteen-year-olds are especially lusty—they fantasize about sex twenty times in one hour—while the thirty- to thirty-nine-year-old men think about sex four times an hour.

Below, the results of our own informal survey:



"If anything, I think about sex more as I get older because I'm less worried about my career, money—the survival issues of life. [It's] very much geared to seeing women; if I'm out, I'll think of sex twenty to thirty times a day. Yesterday I was trying a case, and I [met] a witness. She turned out to be a gorgeous dark-haired woman. For a moment, she was all I could think about. I lost it—completely! But I have a good, active sex life in my marriage, and I see these thoughts as a good release valve. I can think, and I can look, doesn't mean I have to [act] on whomever I see."

—A forty-three-year-old attorney in Hollywood, Florida, who's been married, for the second time, for six months

"I think of sex four or five times a day, when I see an attractive lady or someone at work might make a comment with a certain flirtatious come-on tone to it. I'll deal with my thoughts by extending the woman a compliment like, 'You're looking good,' though you know you're thinking a little more than that! My sexual thoughts have increased since I've been married—you know, when you can't touch the [forbidden] fruit . . . . I'm comfortable with the amount I think about sex, though I wouldn't say my wife is."

—A twenty-eight-year-old audio engineer in Elmont, New York, who's been married for two years

"I think of sex maybe twenty-five times a day. The stuff on TV is enormously suggestive, or my wife might sometimes do it, or a whiff of perfume. But more than anything, it's real women. I have daily contact with a large number of women, many of them attractive and flirtatious. You can't really turn off these thoughts. I just enjoy them without feeling the necessity of having to act on them."

—A forty-one-year-old physician from Kansas City, Missouri, who's been married for nineteen years

"Sex comes into my brain every day—a safe estimate would be six to eight times a day. *(continued)*

"I hate thinking consciously; if you include subconsciously, it would be a hell of a lot more! What usually goes on in my head when I see an attractive woman are three thoughts: She's gorgeous, wouldn't it be great if I could have sex with her; I wonder what it would be like to have a relationship with her. There's a receptionist in a local computer store whose body is intense, and it's on the tip of my tongue to say, 'Let's go to bed.' Women say, 'That's all you ever think about.' But they do the same thing; they just don't like to admit it."

—A thirty-seven-year-old artist/musician in Darien, Connecticut, who's divorced

"I have a high sex drive, and it's remained about the same as the years go by. I'll think about sex at least once or twice every waking hour—pretty much every time I see a remotely attractive woman. What else turns me on? Anytime I'm in a hotel. Hotel rooms are deadly for me; then my rate goes way up."

—A forty-four-year-old investment banker in Potomac, Maryland, who's been married for twenty years

"In college, every woman I saw was a desired target. These thoughts slowed up when I got married and became a parent, but now they're part of my self-esteem. My fantasies are more dramatic and more frequent; they help me feel virile. I bicycle fifty to sixty miles every weekend, and to me, there's nothing quite as lovely as a delightfully muscled female testing the outer limits of Spandex. I'll think of sex five to ten times a day. Men who say they don't are either lying or not recognizing a natural behavior. These thoughts add a little seasoning to a marriage, so it doesn't get stagnant—but not so much that you get in trouble."

—A forty-nine-year-old organizational consultant in Los Angeles who's been married for twenty-five years ■

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Diamonds

Her husband was gone; the life they'd shared was over. Now, just when she needed to hang on to what he'd given her, those last reminders kept slipping away



BY AGNES ROSSI

He gave her the earrings six years before he died. "I bought something for you today," he said, pulling a black-velvet pouch from his shirt pocket. He reached over their dinner plates and put the diamonds in her ears. Admiring herself in the bathroom mirror, she decided she wouldn't wear any other earrings; thought, yes, simple diamond studs every day. Not once during the six years did she so much as misplace them. Then, when he'd been dead a year, she started losing the diamonds.

One morning she stood in the hallway outside her classroom and put a hand to her ear. No diamond. She squeezed flesh and then cartilage as if she might simply have felt for the earring in the wrong spot. Fear flared under her skin like a rush of fever that says you're sick, go to bed.

In a stall in the rest room, she undressed, hoping it had fallen into a fold of her clothes. Standing naked on the tile floor, students' voices in her ears, she ran her hands over her breasts, waist, hips. Her own fingers against her own skin, distracting, vaguely surprising at first, then familiar and heartening.

The school day ended without anyone finding the earring, despite the enlistment of students, other teachers, even the surly janitor. Alone in the car on the way home, she was free to cry, to look at herself in the rearview mirror at red lights, to put her hand to her mouth. She had so many times rested one of the diamonds against the tip of her tongue. When she held something that was his, she instinctively brought it to her mouth. She'd press her lips against his watch face, run them over the wide part of a tie.

Years before, when she was in high school, there had been a car wreck. A boy was killed. He was half of one of those spectacular teenage couples, a boy and a girl who seem to stop being everything but lovers. They mooned through the hallways, fed each other french fries in the cafeteria; he cried in public when they fought. His car hit a tree at the end of her street. She came flying out of the house, found him dead, put her fingers in the blood on the dashboard, and tasted it. At school, girls whispered this *(continued)*

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3. WearEver, Manitowoc, WI The newell group.

Diamonds

continued

story to each other, their eyes reverent. When she'd been told—when her best friend closed her bedroom door and said, "You know what Peggy did?"—she'd been appalled, not by the physicality of it but by the enormity of the forces at work. Even then she'd known they could wipe you out, forces like those.

When she got home from school, she found the earring on her night table, which meant she'd only put one on in the morning. That scared her, made her feel the degree to which she was mimicking, and mimicking badly, regular life. Her leaving the house wearing only one earring was as unlikely as her walking out while the oven was lit or the water running.

Since his death, she walked with her shoulders rounded, afraid something inside would give way and she'd tumble over the wreckage into a place that was hellish, a place where she'd surely disintegrate. She imagined she knew this place, thought of it as where she was headed when, jolted awake, she flattened her hands against the mattress, sure she was falling. It was the place she was falling to.

She called her sister. "Tell me," her sister said. She heard devotion, felt it through the phone like a hand in her hand, but was silent. Telling wouldn't work. Can you tell a blizzard that blocks the front door? Can you tell a rape? Could the sixteen-year-old with blood on her fingers tell?

"We should go away," her sister said. "You need rest." So they went the next day to a travel agent, an older woman named Edie, who said, "I was thinking a few weeks in Spain." Three days later she picked up a white cardboard packet marked "Travel Documents," took it home, spread its contents on the couch, fingered the tickets and transfers, and the ornate Spanish money.

Madrid yielded to her because it was not familiar. She and her sister spent their days sight-seeing. At the Prado their guide pointed with his sunglasses to paintings by Spanish masters. The two women shopped and sat beside fountains to write postcards. Walking across wide streets surrounded by people she didn't know, she felt pleasantly numb. This is easy, she thought. I can do this.

They had an eight A.M. flight to the Spanish coast. The wake-up call was late; the cab, early. As they pulled into the airport, she put her hand to her ear. No diamonds. A frantic phone call to the hotel, her sister at her side, rapt and ready to console. "Hurry, please hurry," she told the second driver on the way back to the hotel.

The earrings had been turned in [to] a maid, were sealed in a small envelope across which her last name was written in pointy European script. She tore open the envelope, shook the earrings into her palm, made a fist around them. She was afraid the diamonds might disintegrate. Disappear. She'd feel them go, and then she opened her hand, they'd be gone. Standing in the hotel lobby, she vowed never to take them off again, not even at night, though the posts were long, and when she wore the diamonds to bed, she'd wake up to an ache that radiated from the place where platinum points hit bone.

A few days later she got up early, dressed quietly so as not to wake her sister, drank strong Spanish coffee until her heart raced, walked alone through spacious Torremolinos. She bought toothpaste and nail polish in an airy pharmacy with a smooth wooden floor. A boy with a bare chest and blue eyes smiled at her on the street.

Slowly, gingerly—she didn't want to jinx it by paying too much attention—she realized she didn't feel fragile. Since his death she'd felt unmoored, had needed to press against that girder inside and said you're here, you're in one piece. She'd been waiting for that to stop, to blow itself out, wanted only to feel better. That morning she knew the turn wasn't going to leave her like a fe



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d that morning. The diamond, so
really, could be on any of a dozen
treets. She went back down to the pool and swam along its bottom, running her hands over the cement while her ears popped.

She felt herself being watched. A teenage girl in a blue bikini sat on a chaise longue, her hands clasped between her knees, her eyes lively and concerned. They looked at each other with guarded curiosity, like children about to risk an approach, and then the girl did, shyly, asking in Italian what she was looking for. She pointed to the remaining earring then turned her head. "I will help," the girl said. Together they walked among the deck chairs with their heads down.

Walking across wide streets surrounded by people she didn't know, she felt pleasantly numb. This is easy, she thought. I can do this.

They didn't find it. The Italian girl pointed to the drain in the shower, curled her index finger to mean the size of the hoop, shook her head sadly.

She waited for the distress she'd felt in a bind and in the cab. It didn't come. Its absence was as tangible as its presence had been. She took the remaining earring off, wrapped it in Kleenex, put it in her change purse. She spread her towel beside the girl's chair, sat upright, listened to people around her speak Spanish and German and French, wondered how English sounded to somebody who didn't understand it.

The Italian girl looked puzzled, as if she wanted an explanation but didn't know how to ask for one. She cocked her head, put her hands on her hips and sighed loudly as if exasperated by the impermanence of things, of grief even. Finally she took up the search by herself, moving slowly, bent at the waist. Every few minutes she'd stop and look up, her eyes pleading: Come on, get up, look for the diamond. ■

Agnes Rossi, thirty-three, grew up in New Jersey. "Diamonds" is her second collection of short stories. Her first novel, "Split Skirt," will be published by Random House.

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If you're looking for ways to help make the earth a better place to live, one solution is inside your refrigerator right now. Next to the pillow. Behind the picnic table. ▪ It's called recycling. And when you look at plastic and recycling, you'll see it's turning into some pretty remarkable things. ▪ Look at plastic bottles turning into toys, pillows, garbage cans, sailboat sails, even plastic "lumber." Not to mention back into new bottles. And polystyrene foam dishes and cups recycled into building insulation, office accessories and VCR tape cassettes. ▪ Of course, you should expect to find recycled plastic in lots of products because so much plastic packaging is being recycled. Over 650 *million* pounds was recycled last year, and that number will keep growing, thanks in part to the more than 4,400 communities that include plastic in their recycling programs. ▪ But if you think recyclability is the only earth-friendly benefit of plastic, take another look. Plastic saves energy by insulating homes to save fuel. And helps reduce pollution by making cars lighter to save gas. ▪ Plastic even helps save the earth, literally. Plastic geotextile fabrics protect beachfront land from erosion and encourage plant growth. ▪ To learn more about the benefits of plastic, just call 1-800-777-9500 Ext. 36, and the American Plastics Council will gladly send you a free booklet. ▪ And just think. Someday that soda bottle in your fridge may be a beautiful addition to your living room floor.

TAKE ANOTHER LOOK AT PLASTIC.

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The **strangest obsession** of all

My young niece's uncontrollable urge to yank out her hair eventually left her bald—and our family utterly baffled. Was there any way to control her compulsion?

My sixteen-year-old niece, Jessica,* is a beautiful, bright young woman, an honor student who's always busy with activities, dating and friends. To look at her, you'd never suspect that a secret, humiliating problem shadowed her life for several years: She just couldn't conquer the urge to pull out her hair.



Researchers estimate that between five and eight million Americans suffer from this disorder, known as trichotillomania. For reasons unknown, most patients are teenagers; of those sufferers who seek treatment, 90 percent are female. Most trichotillomaniacs are otherwise healthy and well adjusted, yet the compulsion to pull their hair out is so strong—and the sensation so pleasurable to them—that they can become completely bald within weeks. They often eat the strands, as well. It sounds peculiar—and disgusting—but I know of a girl who underwent surgery to remove a huge, knotted ball of ingested hair.

Trichotillomania has been kept a secret because its victims feel so terribly embarrassed and ashamed of their condition and appearance. But my niece is coming forward to share her story now in the hope that it will help others who are suffering in silence.

*Name has been changed.

WINTER 1986

Jessica: *It all started when I was about nine years old. I wasn't really superstitious, but I made a wish on an eyelash every time one fell out. Then I began to pluck out my eyelashes and eyebrows on purpose every time I made a wish, putting the hairs in my mouth afterward and eating them without even thinking. I figured it was a harmless bad habit and I could stop whenever I felt like it. I hoped my mother and father, who are divorced, and my Aunt Stephanie* wouldn't notice.*

Stephanie: I saw one day that Jessica's eyebrow line *(continued on page 107)*


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an to woman

ued from page 106

o faint that she looked like a in a medieval painting. My sis- essica's mother, admonished me o say anything: "Jessica's been ng on her eyebrows and lashes, he pediatrician says we shouldn't a fuss over it."

t it didn't go away. Within a h, Jessica had no eyebrows or eye- at all. Moreover, she claimed not ılize what was happening. Staring he mirror, she'd say in genuine sur- "What do you mean, I don't have yebrows?"

:a: *My mother and my aunt took me to doctor. I resented them for butting in to oblem. I told the doctor what I'd been and he told me to go to a therapist. I to, and then he said, well, I should just like that.*

ıanie: A health writer I know told out a hair-loss clinic at a large local tal; it was there we heard the word ıotillomania" for the first time. Jes- efused any further professional however, and the psychologists we ılted agreed it wasn't wise to force ıto treatment. Six months later, she ed the hair-plucking, and we as- d the problem was over.

UST 1988

ca: *There was this girl at my camp who s sucked on her hair. At first, I won- what could be so enjoyable about it; ut of the blue, her habit became mine. I just suck on my hair, though—I bit it know it sounds crazy, but when the came out, I just ate them.*

eryone kept telling me how good my haircut" looked. Soon it was so short had to pull on it with my hands to get ands to reach my mouth. Little by little, I ıe balder, even though I wanted so badly). I was careful to do it in private, but I lways afraid someone would find out.

y aunt once asked if it hurt me. In fact, s good. It's a little like squeezing a pim- a tiny twinge of "ouch" followed by a tingly sensation.

hanie: In retrospect, the whole fam- els guilty that we didn't make the ection between the lash-pulling and hort hair. But Jessica seemed happy normal: An A student who worked ıe school paper and volunteered with ıled children, she was sensitive and getic, with a healthy amount of dolescent sass.

hen, on camp visiting day, we saw her long red-brown hair was obvi- y shorter, Jessica still denied she doing anything. We theorized that had given herself a bad haircut and embarrassed by it—until we saw hy bald spots on her scalp that dn't have been caused by a slipped scissors. Was it possible she didn't know what she was doing?

Jessica: *I went from plucking a few strands at a time to whole chunks. I began to feel desperate, but I couldn't control myself. I was afraid to go back to school looking like I did. After a weekend of pulling, I called my grandmother because my mother was away on vacation. Tears streamed down my face as I hinted that I was doing to my hair what I had done with my eyebrows and lashes. She was so sympathetic. "Your mother, aunt and I will find the best doctors who know what to do about this," she told me. I felt like a great load had been taken off me.*

SEPTEMBER 1988

Stephanie: Jessica came home from camp the Saturday of Labor Day weekend, her head wrapped in a babushka. It had been only three weeks since I had last seen her, but the change was devastating. After much coaxing, she removed the scarf and looked at me with red, swollen eyes as she pleaded, "I don't know how it happened. I didn't do it."

"What can I do for you?" I begged Jessica. Obviously tired of feeling like an outcast, she said, "You could shave off all your hair."



Jessica was totally bald.

Jessica's mother, grandmother and I collected names of psychiatrists and psychologists; we bought vitamins and topical steroids from my mother's hairdresser; we had Jessica fitted for a wig. We knew the important thing was not just to replace Jessica's hair, but to find the cause of this odd compulsion. Still, it was heartbreaking to think of my beautiful niece walking around so exposed, so obviously different-looking.

Jessica: *My most traumatic memory is of a sleepover with a couple of insensitive friends. In front of those girls, I didn't have a chance. I had to push the wig down constantly because it was always riding up. One of the girls must have suspected something, because she asked to brush my hair.*

Somehow, my "best friend" forced me into telling her about the wig, but I couldn't tell her why I was wearing it. Not long afterward, people in school started asking me if I wore a wig. They teased me, and some even tried to pull it off.

DECEMBER 1988

Stephanie: My sister bought Jessica a pair of gardening gloves to wear around the house at night to keep her from plucking out her hair. It didn't work. "I just pulled them off," Jessica said sheepishly.

"What can I do for you?" I begged her. "Give me something I can do." Obviously tired of feeling like an outcast, she replied, "You could shave off all your hair."

APRIL 1989

Jessica: *I went to see a therapist for about two months, but I couldn't stop plucking my hair. For me, stress had nothing to do with whether or not I pulled. No matter how happy or sad I was, I still felt like pulling. It was like a physical attraction between my hands and scalp.*

JUNE/JULY 1989

Stephanie: Jessica's therapist finally recommended a psychiatrist who was qualified to prescribe drugs. He put my niece on Anafranil, an antidepressant often given to patients with obsessive-compulsive disorder (OCD), the disease of repetitive thoughts and rituals. While hair-pulling is thought to be an impulse disorder like kleptomania rather than a standard OCD (though some of the symptoms are similar), Anafranil has been successfully used in some trichotillomania cases.

However, it was not without qualms that we let Jessica try the drug. Although Anafranil had been successfully used in Europe for thirty years, it had only just become available on the U.S. market. Too, no studies have been done on the long-term effects of the drug when treatment is begun during adolescence, and we read that high dosages may cause seizures.

Jessica did see immediate results on a low dose, but when the dosage was increased a week later, she complained of seeing black spots before her eyes a couple of times. Although this was probably not a reaction to the drug, the family was concerned enough to have her taken off the medication.

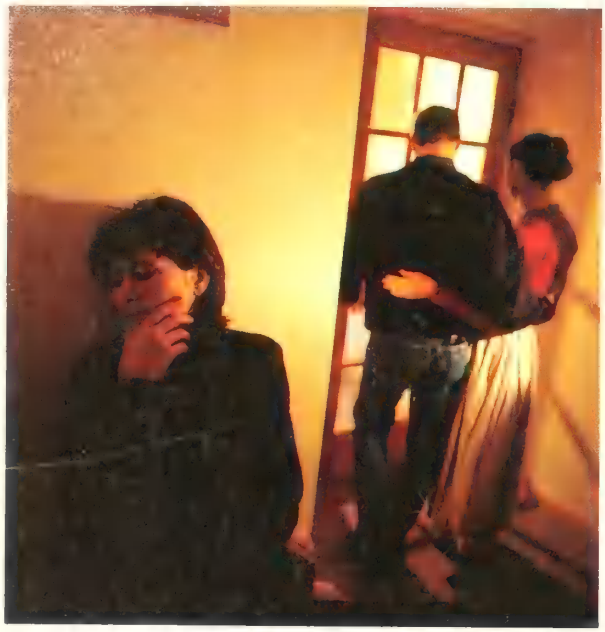
AUGUST 1989

Jessica: *After that, I felt so let down that I gave up. I had become so used to plucking my hair every day that I knew I would miss it if I stopped. I quit wearing the wig and managed to let my front hair grow in by pulling only the hair at the back of my head. I felt like I should just accept this as who I was.*

Stephanie: Jessica stood firm—no more attempts to solve the problem. This decision came not from resolve (how could anyone be happy yanking out her hair?) but from *(continued on page 113)*

When a friend **betrays** you

She's your best pal, and you tell her everything—only to find out that she's gossiped about you or, even worse, flirted with your husband. What should you do when a once-trusted confidante double-crosses you?



BY KRISTIN VON KREISLER

Jessica Brennan was furious when she heard that her best friend had talked about her behind her back: "She said my kids were spoiled, and I wasn't raising them correctly. I feel totally betrayed."

A friend who does this kind of thing may seem like a contradiction in terms. But unfortunately, this kind of betrayal "happens more than you think," says Charles Hill, Ph.D., a psychology professor at Whittier College, in Whittier, California.

Betrayal by a friend means a violation of trust. It can take many forms: For instance, perhaps your friend teases you about a sensitive issue, such as your weight. Or she isn't there for you in a time of need. Or she flirts with your husband.

Why would a friend do this? "Usually [it's] a misunderstanding," says Gretchen Gibbs, Ph.D., a psychology professor at Fairleigh Dickinson University, in Teaneck, New Jersey. The betrayal is often unintentional; your friend may not think what she did was wrong or realize that she's caused you pain.

However, it's also possible that your friend is angry or jealous—and is seeking revenge. "Women have been taught to repress their anger and to be sweet and feminine," says Roger Falge, M.A., marriage and family therapist in Corte Madera, California. Instead of direct confrontations, they often express their feelings in roundabout ways: cutting remarks, bad-mouthing or cattiness.

What should you do if a friend betrays your trust? Here's what the experts advise:

■ **Put yourself in her shoes.** Perhaps she had a reason for doing what she did, or maybe she simply made a mistake. Give her the benefit of the doubt—if you can.

■ **Ask her to explain her actions—but don't accuse her of doing something wrong.** For instance, you could say, "I heard from Ruth that you said I wasn't raising my kids right. Why did you say that?"

There's always the chance that what you thought was a betrayal was actually a third party's misinterpretation.

■ **Ask yourself how often friends let you down.** If it seems to be a pattern, consider whether you choose the wrong friends or expect too much from them.

■ **If you're still upset about the situation, let your friend know how you feel.** Say something like, "I'm hurt and angry about what you said." But don't attack her; she'll only become defensive.

■ **Try to forgive and forget.** Don't dwell on the betrayal—or let it keep you from trusting others. If it was too serious or significant to forgive, you may decide to end the friendship. But before you burn any bridges, give it careful consideration. "One of the tragedies of friendships is that we give them up too easily," warns psychologist Lillian Rubin, Ph.D., author of *Just Friends* (Perennial, 1990). It may be best to simply not see each other for a while. That way, you leave the door open for reconciliation at a later time. ■

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ience how they feel for
yourself. We promise they
won't pinch, even when
you get to the cash register.

Grasshoppers® by Keds®
Cushions



Model wearing Taupe Halyard. Also shown: Plaid Spinnaker, Beige Wayfarer and Lagoon Halyard. All priced under $30.

Are you a **negaholic?**

Do you always expect the worst to happen? Do you blame yourself for everything that goes wrong? Learn how to stop that self-defeating behavior and look on the bright side

BY TOM CLAVIN

To Joan Gregory, a thirty-five-year-old mother of two, the job as teacher's assistant at the local elementary school sounded perfect. She interviewed with the school principal and left his office feeling pleased that it had gone so well.

But as Joan replayed the interview in her mind, her confidence waned. She had been a few minutes late because of traffic. By wanting to seem well informed, she'd probably answered questions too quickly and seemed glib instead. And at the end of the interview, she'd dropped her purse, certainly marking her as too clumsy to handle children.



Convinced that she'd blown the interview, Joan called the school and withdrew her application. Weeks later, she learned that the principal had been prepared to offer her the job.

Why did Joan ruin her chance at achieving an important goal? Simple: because she's a negaholic, a person who always thinks the worst—of herself, of others, of situations.

We all have days when we don't feel good or look our best, or when it seems that everything goes wrong. But while most of us are able to shrug off these unpleasant experiences, negaholics can't. "They tend to view life as a half-empty glass and focus exclusively on what's wrong with their lives," says Cherie Carter-Scott, author of *Negaholics: How to Overcome Negativity and Turn Your Life Around* (Fawcett Crest, 1990). "They feel that they have no control, and they're

(continued)

HOW PESSIMISTIC ARE YOU?

TAKE THE FOLLOWING SELF-TEST TO FIND OUT

1. Do you focus on the times things didn't work out for you?
2. Do you often expect the worst so as not to be disappointed?
3. When asked what you want, do you often reply, "It doesn't matter"?
4. Do you use mistakes and mishaps in your past as reasons for not taking new risks?
5. When imagining a goal, does a voice in your head tell you that you can't accomplish it?
6. Do you find fault even with the little things you do?
7. Do you criticize yourself for what you wear, what you say, how you carry yourself?
8. Do you flog yourself with lists of things you haven't accomplished?
9. Do you have difficulty accepting compliments or celebrating achievements?
10. Looking in the mirror, are you unhappy with what you see?

Give yourself ten points for every "yes" response. If you scored fifty or more points, you are a negaholic or well on the path to becoming one. Unless you start changing things fast, your outlook will only get worse. See "Learning to be happy," on page 112, for techniques to help you turn your life around.



(Crisco Recipe)

'risco's Oatmeal Cookie Bakes Up Higher And Softer. No If's, And's Or Butter.



(Butter Recipe)

Crisco®'s deliciously moist and chewy oatmeal cookie is softer than this popular cookie* made with butter. Higher too. And, cup for cup, Crisco has 50% less saturated fat than butter (Crisco 3g saturated fat per Tbsp/ Butter 6g). And, unlike butter, Crisco is made just for baking, so Crisco cookies bake up soft and moist. Taste for yourself. Try the Crisco recipe and the variations below.



The Chewy Oatmeal Cookie

¾ cup Butter Flavor Crisco®
1 ¼ cups firmly packed light brown sugar
1 egg
⅓ cup milk
1 ½ teaspoons vanilla
3 cups Quaker® Quick Oats (not instant or old-fashioned)
1 cup all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
¼ teaspoon cinnamon
1 cup raisins
1 cup coarsely chopped walnuts

Heat oven to 375° F. Grease baking sheet with Butter Flavor Crisco. **Combine** Butter Flavor Crisco, lt. brown sugar, egg, milk and vanilla in large bowl. **Beat** at medium speed of electric mixer until well blended. **Combine** oats, flour, baking soda, salt and cinnamon. **Mix** into creamed mixture at low speed just until blended. **Stir** in raisins and nuts. **Drop** rounded tablespoonfuls of dough 2 inches apart onto baking sheet. **Bake** at 375° F for 10 to 12 minutes, or until lightly browned. **Cool** 2 minutes on baking sheet. Remove to kitchen counter. ABOUT 2½ DZ. COOKIES.

Oatmeal Cookie Variations:

Half-Dipped Cookies–Omit raisins & nuts. Bake & cool. Microwave 1 cup Duncan Hines® Dutch Fudge Frosting for 20-25 seconds, or until smooth and thin. Dip top half of cookie in frosting. Lay on waxed paper until set.

Favorite Chip Cookies–Omit raisins & nuts. Add 1 cup baking chips to batter. Bake & cool.

Maple Walnut Cookies–Omit raisins. Add 1½ tsp. maple flavoring to dough. Bake & cool. Frost top of cooled cookie with mixture of 1 container Duncan Hines Vanilla Layer Cake Frosting and 1 tsp. maple flavoring. Garnish with walnut half.



Cooks Who Know Trust Crisco.

Are you a negaholic?

continued

constantly beating up on themselves."

While there are no firm figures on how many Americans suffer from negaholism, some experts believe that women are most likely to be victims. "The typical profile is a person who thinks the past was a failure, the present is miserable and the future looks bleak," says John P. Kildahl, Ph.D., a clinical psychologist and psychoanalyst in New York, and co-author of *Beyond Negative Thinking* (Avon Books, 1992). "Even when something good happens, they think they'll soon pay for it with a host of unavoidable bad events."

A destructive pattern

Although negaholism may sound similar to depression, there are some key differences between the two conditions, according to Carter-Scott. While depression is a chemical imbalance, negaholism is a self-perpetuating pattern of negative thoughts that can become an addiction. Negaholics actually seem to get a perverse pleasure out of punishing themselves, says Carter-Scott. Thinking the worst allows them to avoid dashed expectations and rejection, because they think that nothing good will happen in the first place.

How does a person become such a pessimist? The condition is often the result of something that happened in childhood or adolescence. For instance, the person's parents may have had a gloomy view of life, which became "contagious." Or a failure—such as not getting into their college of choice—may have damaged the person's self-esteem to such a degree that she feels that she's worthless and that she doesn't deserve success or happiness. Finally, a trauma such as divorce or the death of a parent can also provoke a lifelong pattern of self-rejection.

Eventually, negaholism begins to affect a victim's relationships. Marriages become strained, relationships with children grow tense, and friends and co-workers lose patience with the negaholic's constant complaining. But no matter how frustrating the situation is, both Carter-Scott and Kildahl point out that getting angry with a negaholic only confirms her sense of worthlessness.

Instead, says Carter-Scott, "Loved ones should gently tell the negaholic how they feel when she acts this way. The person can say, 'I feel helpless when you complain. Let's think of a way to look at this differently.' It's important to separate the behavior from the person so you don't blame the victim."

Learning to be happy

Fortunately, negaholics can change. Carter-Scott suggests practicing the following strategies daily:

■ *Interrupt your negative thoughts.* The more you dwell, the deeper you'll [illegible]. Instead, busy yourself with an act[ivity] you enjoy, exercise, listen to an up[beat] CD or watch a favorite video.

■ *Stop using words like "must" and "should."* Negaholics put pressure on themselves to do more than is humanly possible. From now on, tell yourself that you would like to get a new job, not that you *must*.

■ *Stop criticizing yourself.* The inner voice that's telling you that you're no good is lying. One way to silence it is to form a mental image of the voice and then realize that you can defeat it. For instance, one victim visualized the voice as a monster who wanted her to fail. She became determined to overcome it.

■ *Write down the positive aspects of your life.* Make note of all the good things you have—a job you like, lots of friends and so on—and keep a daily list of small accomplishments. You'll be amazed at how they add up and outweigh all the bad aspects.

■ *Don't globalize problems.* Avoid letting one event represent everything in your life. Not getting a promotion doesn't mean that you'll *never* get a higher-level job. Tell yourself that you'll work even harder for the next promotion. You need to look beyond one isolated disappointment.

Real.



© 1993 Stouffer Foods

an to woman

ued from page 107

ıation. We kept after her to do some-, but she had lost confidence in her- and in us. We felt we had failed, too.

CH 1990

ica: *My family kept telling me I ln't give up. They didn't understand. ly could. Finally, just to make them , I saw a behavioral therapist. It turned be the best thing I ever did.*

old him that I didn't want to be there wasn't coming back. He said that there vo kinds of people in this world: the who are relentless and go for what they until they get it, and the kind who don't nd just give up on everything. He told consider my choices.

ıanie: Jessica went home from that ession and stopped pulling her hair.

ica: *It must have been a week before I ed I had stopped. I was so happy. I out and bought all sorts of hair prod- -shampoo, conditioner, barrettes, head- . A month later, it felt so good to run my s through my hair. I wondered how I one so long without being able to do that.*

hanie: What accounted for this culous recovery? Maybe Jessica was y to find inspiration in the thera- advice; maybe the illness had sim- un its course for the time being. About 25 percent of all trichotillomaniacs stop for reasons as inexplicable as the trigger that makes them start.

FALL 1992

Stephanie: It was almost two years before Jessica began pulling her hair again. But this time, she told us about it right away. We were referred to Dr. Eric Hollander, director of the OCD Biological Studies Program at the New York State Psychiatric Institute of Columbia Presbyterian Medical Center. At Jessica's request, he put her on Anafranil again for four months. The medication successfully stopped the pulling, and when she was taken off the drug, the urge didn't return.

So far, Jessica has had no relapses; if she does, as is possible over the years, she will go back on medication. Dr. Hollander says that her prognosis is very good, particularly since the condition wasn't left untreated for too long. Best of all, Jessica is happy, healthy, and joyfully flaunts a head of long, curly hair.

Jessica: *For a long time, I thought my story was totally different from anyone else's, so I kept it to myself. But now I know that more people have trichotillomania than I thought. And I wanted to write about it so that everyone would become aware. I hope that people who read this don't judge me or make fun of me. And I hope that anyone with the same disease knows there is help.* ■

For more information on trichotillomania and obsessive-compulsive disorders, contact the Obsessive-Compulsive Information Center, Dean Foundation, 8000 Excelsior Drive, Suite 203, Madison, WI 53717; 608-836-8070; the OCD Biological Studies Program, Department of Psychiatry, Columbia Presbyterian Medical Center, 722 West 168th Street, Unit 13, New York, NY 10032; 212-960-2380; or the OC Foundation, Inc., P.O. Box 9573, New Haven, CT 06535; 203-878-5669.

We want to hear from you

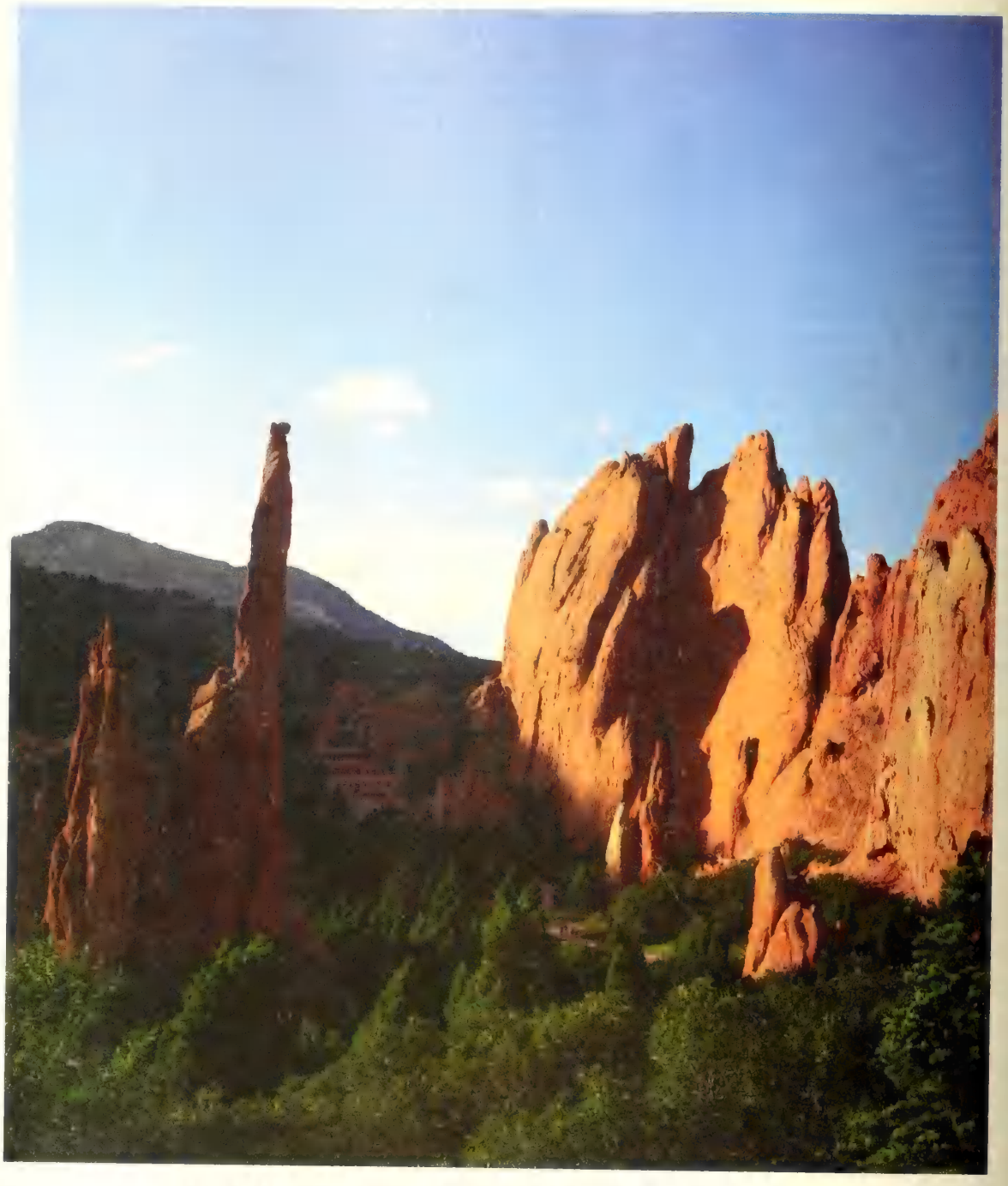
This column is a series of intimate conversations with women. If you have a story you'd like to share, write to: Ladies' Home Journal, Box WW, 100 Park Avenue, New York, NY 10017. Articles must be true, first-person accounts about experiences so personal that one would reveal them only to a best friend. (All identities will be kept anonymous.) Stories should be 1,000 words, typed double-spaced and accompanied by a self-addressed, stamped envelope. Please include your address and daytime phone number on the manuscript. We will pay $750 for each article accepted for publication.

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HOME JOURNAL

BEST NEW PRODUCTS FOR THE

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FROM TOP TO BOTTOM, THE 1993 NEW AMERICAN HOME, FEATURED ON PAGES 152-163, WAS DESIGNED FOR EASY CARE AND COMFORTABLE LIVING—WITH PRODUCTS THAT WORK DOUBLE DUTY. HERE, MORE ON THE MOST UP-TO-DATE DETAILS.

BY SHARLENE KING JOHNSON

DREAM KITCHEN



FOR THE FAMILY CHEF

This kitchen has it all: KitchenAid's Superba Microwave-Convection Oven fits neatly beside the built-in refrigerator (front panels match the cabinets and dishwasher). And KitchenAid's Create-A-Cooktop System (not shown) can be personalized by mixing and matching electric or halogen burners, grill components and vent systems.

Function and beauty—all in one perfect room

AT YOUR FINGERTIPS

The single-control kitchen tap by Moen includes faucet and unique pull-out spray in one compact unit. All parts subject to wear are enclosed in a replaceable cartridge. Next to the faucet, the Steamin' Hot Dispenser System by In-Sink-Erator provides 190°F. cooking water—instantly.



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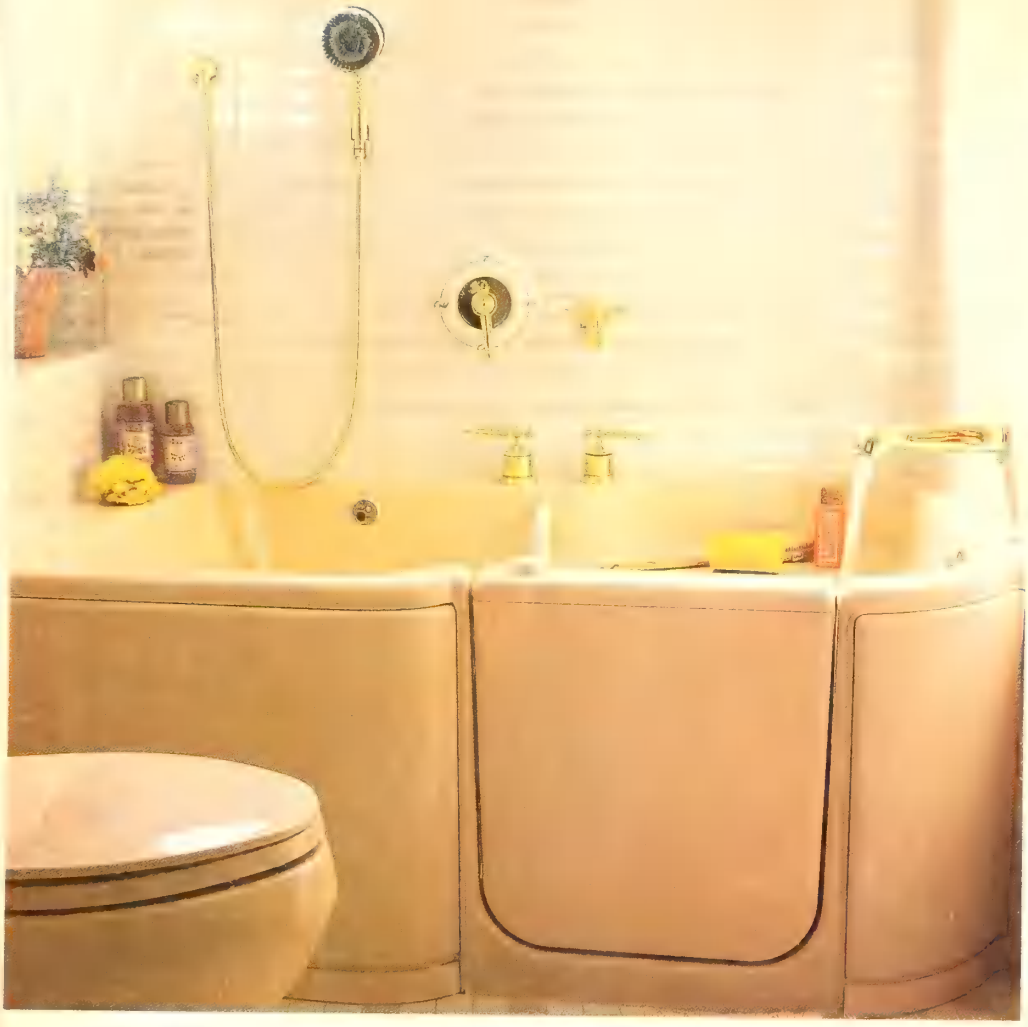
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BATHING BEAUTY

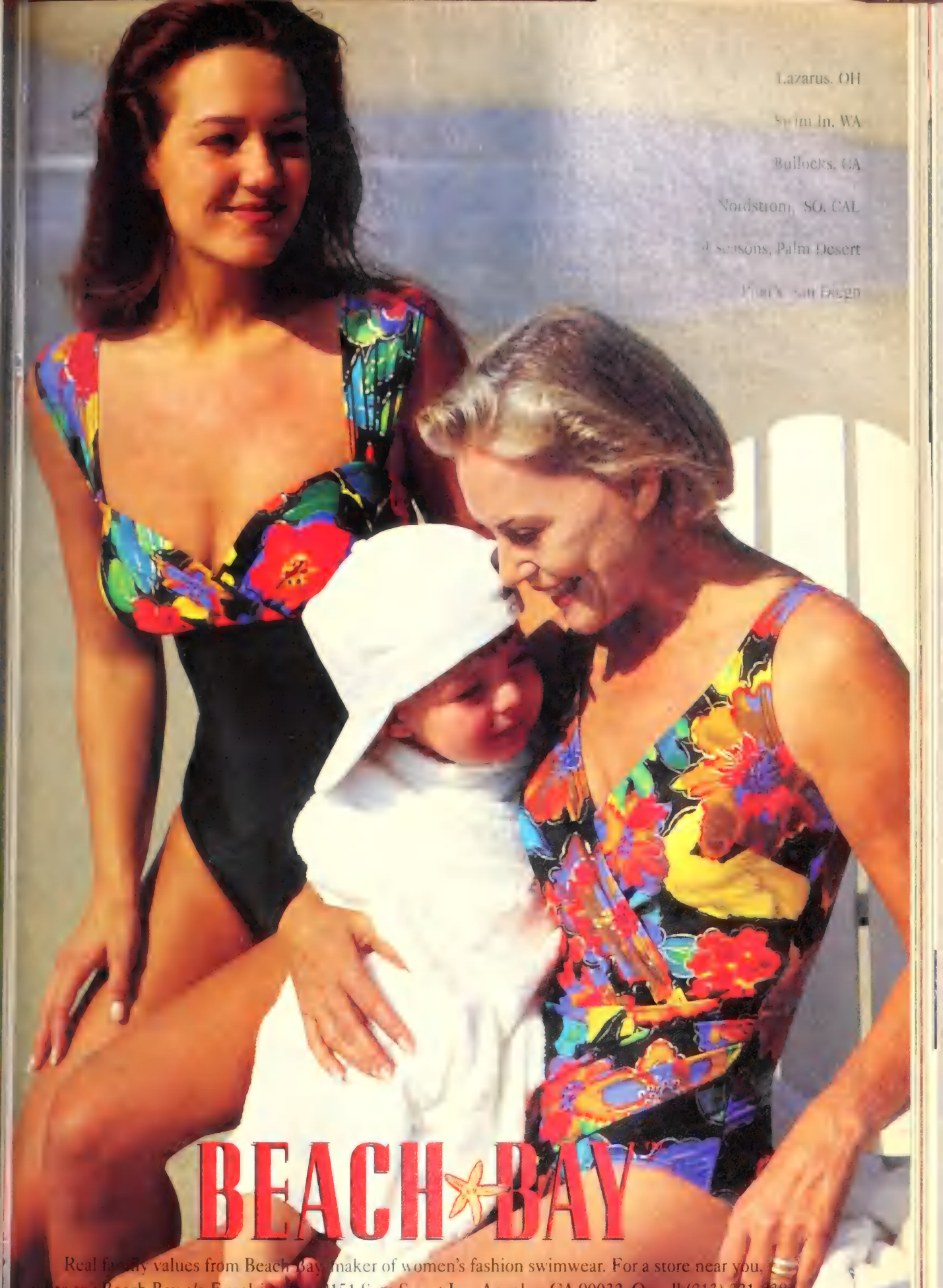
A high-tech solution ideal for a family that includes an older generation: Kohler's Precedence whirlpool bath is equipped with a watertight door for easy access—perfect for people with limited mobility—a fold-down seat, built-in armrests and a slip-resistant bottom. Optional: an in-line heater to maintain water temperature for a long, hot soak.

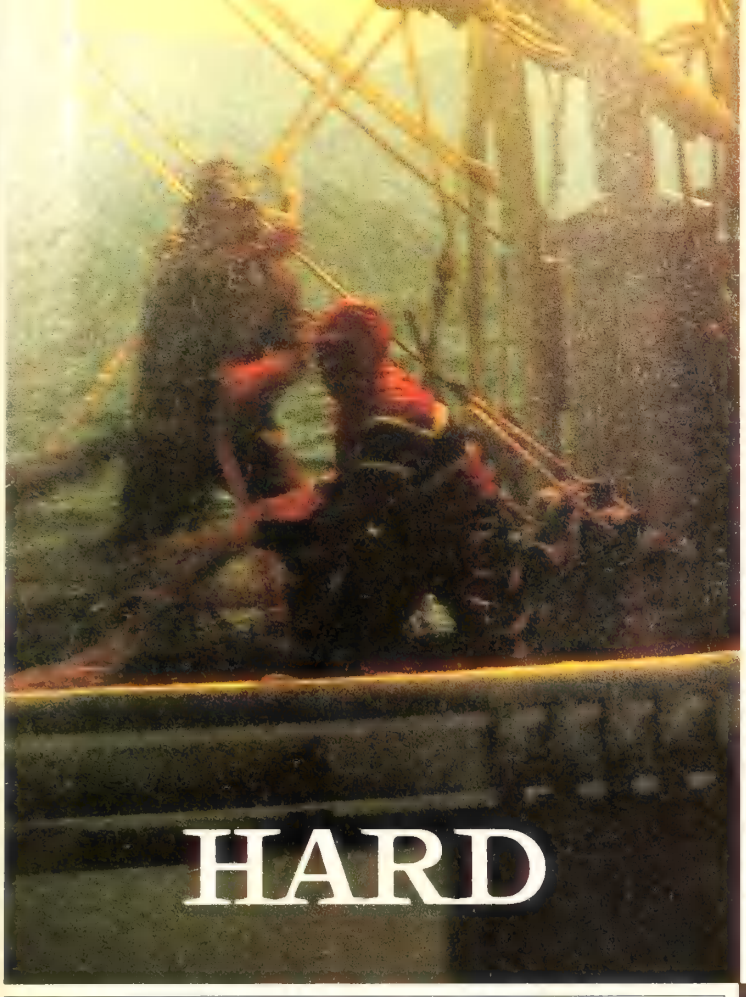
Innovative answers for today's special problems

A ROOM FOR THE '90s

The environmentally responsible bathroom: In the powder room (right), the TurboFlush toilet by Briggs uses a maximum of 1.5 gallons of water per flush (standard toilets use three to five). Unlike some models designed to lower water consumption, the TurboFlush does not reduce the amount of water in the bowl. The sleek white pedestal sink is also from Briggs.




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Swim In, WA
Bullocks, CA
Nordstrom, SO. CAL
4 seasons, Palm Desert
Pilar's, San Deigo
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Real family values from Beach Bay, maker of women's fashion swimwear. For a store near you,

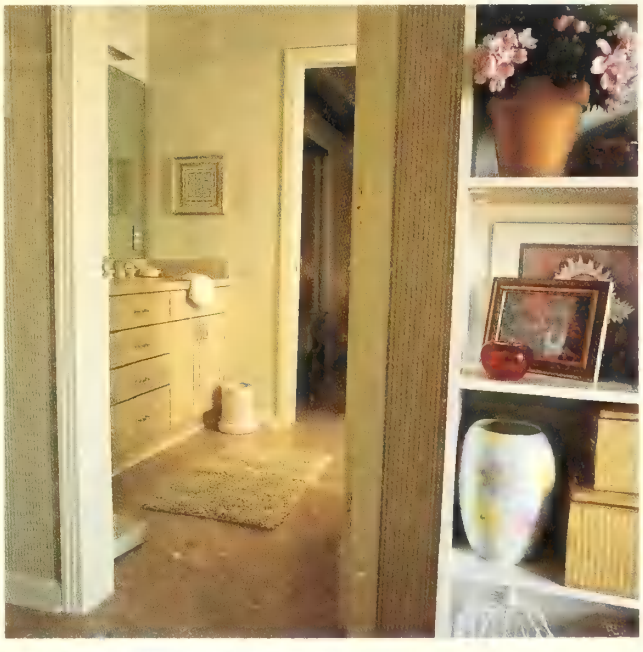


HARD



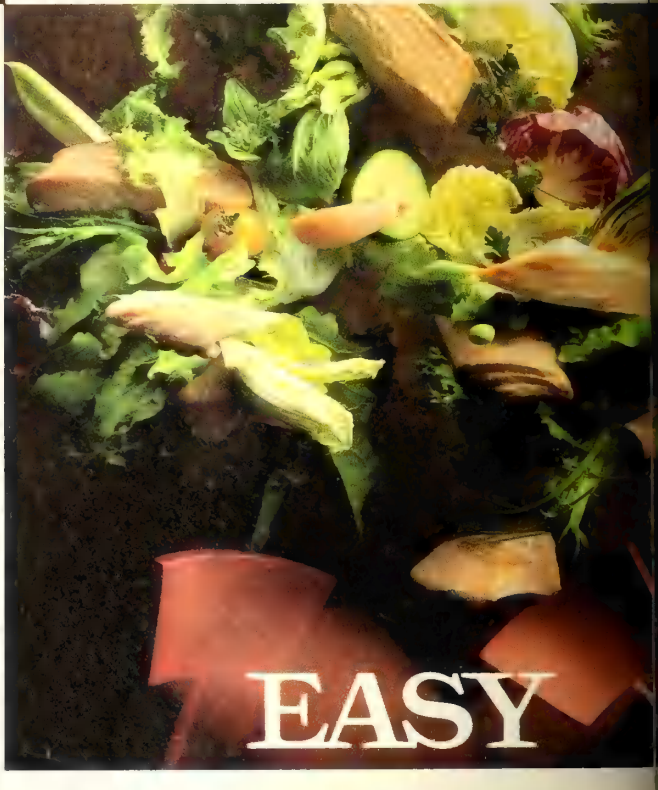
CLEAN AND SIMPLE

In the laundry room, Wilsonart's Gibraltar solid surface countertops allow for ample folding roo next to Whirlpool's Clean Touch washer and dr The color goes all the way through the counterto so nicks and scratches can be sanded out easily.



TRAFFIC CONTROL

The seamless sweep of color provided by Armstrong's Color Passions sheet vinyl flooring unifies the two children's rooms and the bathroom between them. With a urethane no-wax wear layer, cleanup couldn't be easier.



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lter Lake Guest Ranch, , Colorado

ted on the scenic western slopes e Rockies, with a sparkling blue for swimming, fishing and boat- Coulter Lake Guest Ranch has cabins scattered along the lake- t among the aspen trees. The ers were annual guests at this h for eight years before buying elve years ago. Twenty-eight s of horseback riding are offered week, along with square dances, ires and sing-alongs. The trout- ked lake has rowboats available



d rides are perfect for those aren't quite ready to go solo

uests—any trout you catch you eat for dinner.

abins of varying sizes with pri- baths sleep from two to ten peo- Prices include lodging, meals, y rides, square dancing, lake fish- , swimming and use of the row- ts. The cost for one week, Sunday unday: $671 to $704 (depending season) per person; children five leven, $478.50 to $511; children to four, $150; under two, $50. port pickups extra.

or more information, write: P.O. Box 906, Rifle, CO 81650; or call 303-625-1473. Riding season is June through early October; the ranch is open the rest of the year for snow sports.

Emandal Farm, Willits, California

Family fun is the Emandal Farm's specialty: Kids can gather eggs, milk the goats, feed the pigs, or swim and play in the shallow waters of Eel River. Parents can join in or simply doze in the hammocks outside their rustic redwood cabins dating from 1916.

Each of the eighteen cabins has one queen-size bed, a set of bunk beds, a washbasin and screened windows (modern bathhouses are nearby). Three excellent home-cooked meals a day are prepared from the farm's own home-grown organic produce.

The farm offers week-long stays in August (adults, $483 to $595; children ages twelve to seventeen, $325 and up; ages two to eleven, $27 to $170, depending on age and length of stay) and is open for weekend visitors in May, September, and part of October (two to four nights: adults, $165 to $325; kids ages twelve to seventeen, $100 to $195; and ages two to eleven, $27 to $170, depending on age and length of stay). Write or call: 16500 Hearst Road, Willits, CA 95490; 707-459-5439.

White Mountain Archaeological Center, St. Johns, Arizona

Budding archaeologists *(continued)*

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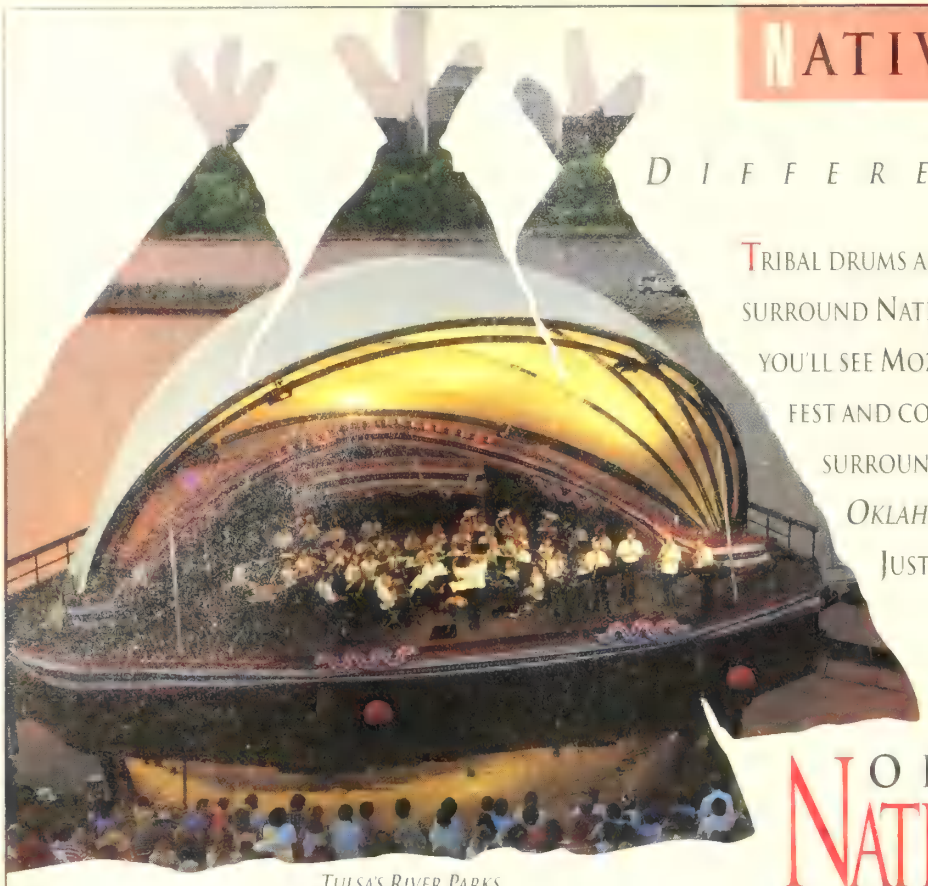
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(continued)

should take note of this unusual opportunity: Parents and children ages nine and up can work side by side with the pros to excavate a prehistoric pueblo occupied from 1,000 A.D. to 1,475 A.D. The pueblo has more than four hundred rooms, many of which will be restored to their original condition.

Participants help excavate the ruins, survey petroglyph trails, work in the lab and assist with restorations. The week-long program involves all aspects of field work, while the daily program takes in just part of it. (Horseback riding is also available.)

The center has beds for twenty-three people in family rooms and bunkhouses, but most groups are kept small, usually around twelve people. Families will be most comfortable in one of the four private family rooms. Shower rooms adjoin the bunkhouses. Tent camping is also available. Daily participation costs $35 for adults, and $18 for kids nine through seventeen (includes lunch). Overnight stays are $56 for adults, and $36 for children (includes all meals, lodging and archaeological activities). Weekly stays are $395 for adults, and $250 per child.

Write or call: HC 30, St. Johns, AZ 85936 (four miles south of Lyman on route 180-666); 602-333-5857. Open mid-April through October.

Recapture Lodge and Pioneer House, Bluff, Utah

Dinosaurs once roamed the southeastern corner of Utah, an area th now awaits adventure-seeking fan lies. The Recapture Lodge, in Blu eighty-five miles south of Canyo lands and one-hundred-fifteen mi south of Arches National Parks, h a homey, lodge-like ambience. It e fers geologist-guided tours, a pool playground, and shuttles for riv runners, hikers and bicyclists. Fan lies can rent a llama to carry the gear for a day or an overnight bac packing trip. Mountain-bike renta are also available, as a four-wheel-drive tours Monument Valley ar the surrounding area.



There are twenty-eig rooms in the main lod and six in Pione House, which is on t National Register of H toric Places. One-be room motel units wi

Experience the serene beauty of Montana's hig country on horseback



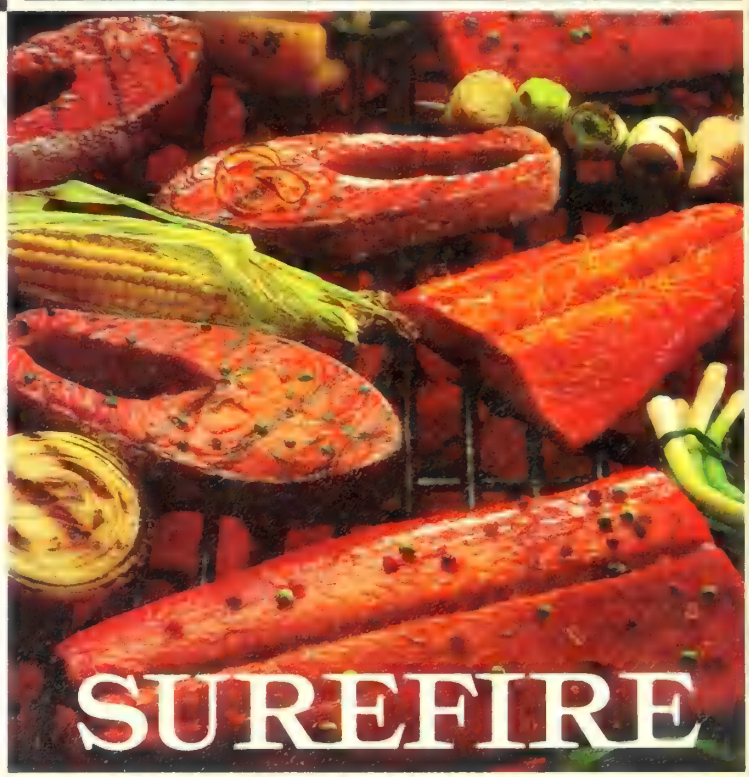
mountains, where you'll find expansive views.

Guests are housed in rustic one- or two-bedroom log cabins or in the main ranch house; large families can book the entire upper floor with four bedrooms, a living room and bath. Cabins with private baths are $600 per person per week for three people or $580 per person when four people share. Cabins without baths are $500 per person per week. Children three to five are $250 unless they require a separate horse for trail rides.

Write or call: Melville Route, Big Timber, MT 59011; 406-537-4477 (summer); or Otter Creek Ranch, Melville Route, Big Timber, MT 59011; 406-537-4497 (winter). The ranch season is June through August.

Timber Bay Lodge and Houseboats, Babbit, Minnesota

Located just south of the Boundary Waters Canoe Area on the shores of Birch Lake in the Superior National Forest, this quiet resort features both cabins and houseboats. A supervised children's program, free use of bicycles, canoes and paddleboats, plus many other recreational activities make it a particularly good choice for families. The children's program for five- to twelve-year-olds operates from early June through late August and offers nature activities, crafts, hikes and picnics. A part-time naturalist program for adults and children includes wildlife talks, nature *(continued)*



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nenettes in the Pioneer House range from $46 to per night for a family of four. The Pioneer House tment is $75 per night for four people, and $6 for additional person (it sleeps ten). Llama treks: $30 lama per day; overnight trips, $125 per person per includes all meals. Interpretive tours of the area e from $40 to $60 per day per person. Four-wheel-e tours are $60 per person and include lunch at a ajo camp.

ou can also hike to the nearby Navajo Indian Reser-on and Fourteen Window Ruin, a one-thousand--old Anasazi cliff dwelling reached by a creaky ension bridge over the San Juan River.

rite or call: Box 309, Bluff, UT 84512; 801-672-1. Open year-round.

eet Grass Ranch, Big Timber, Montana

ts Bill and Shelly Carioccia particularly love to host ilies who want to get involved in ranch life. Guests help work the cattle, break colts and do farm res; kids can feed the calves, pigs and horses and n to milk cows (fresh milk is served at every meal). l when you tire of ranch activities, you can swim in creek, fish, or just sit and watch the local beavers go ut their business.

he ranch is located in a valley in the foothills of the zy Mountains. Horseback rides take you up into the

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Arkansas
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(continued) walks, stargazing and day canoe trips. Waterfront activities include swimming, waterskiing, canoeing, sailing and fishing. In addition, guests can play volleyball, horseshoes, badminton, archery, shuffleboard and Ping-Pong.

The private log-sided cabins—all with fireplaces, fully equipped modern kitchens, decks and central heating—are rented by the week from June to mid-August, and daily or weekly in the early or late season. Rates are based on double occupancy: one-bedroom cabins, $565 per week; larger cabins, $675 to $890 per week; plus $60 per week for each additional person. Children under twelve stay for half price.

Families can also opt for a three-, four- or seven-day houseboat trip on the beautiful twenty-mile-long Birch Lake, towing a complimentary fishing boat behind. Houseboats sleep two to ten people and have rooftop sun decks, hot and cold running water, kitchens, bathrooms and life preservers. A thirty-two-foot houseboat that sleeps three to four people costs $895 per seven-night week; $595 for a four-night midweek cruise, and $525 for a three-night weekend cruise. Discounts are available during the off-season.



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Write or call: Box 248, Bab MN 55706; 218-827-3682 (Ma October); or 10040 Colorado Ra Bloomington, MN 55438; 612-3 0043 (November to April). Opena ly May through October 1.

Ozark Folk Center, Mounta View, Arkansas

Celebrating the way of life in Ozark Mountains pre-1920, Ozark Folk Center is dedicate preserving and perpetuating t tional Ozark Mountain crafts music. Craft demonstrations music shows are a staple on grounds of the folk center, workshops and performances place throughout the year for and adults.

The Young Pioneer Prog gives visiting children the chan do the kinds of things the kid the Ozarks used to do: make pot shuck corn, make rope and pa make and use feather pens and Ozark games. The program is five days a week, three times a in June, July and August. Du September, October, April or M the Young Pioneers Program o ates only on Saturdays. Yo Weeks, which take place twice ing the summer, usually in June August, provide a hands-on tou the folk center crafts area for yo people seven to sixteen. Kids m and take home a candle, a pinch a printed card and other proje Special music and crafts progr are scheduled throughout the sea (April 15 to November 7), but summer months are packed w more activities than any other tir

The Ozark Folk Center Lod on the Folk Center grounds, comfortable rooms with two d ble beds, and sliding glass do that open on the Ozark Natio Forest. Lodge guests have us the swimming pool and ga room, and the restaurant featu home-style Southern cooki Rooms for four are $45 to $55



t, depending on the season.
afts area and evening music show tickets can be
nased separately or as a package. Daily crafts tick-
ost $5.50 for adults, and $3.25 for children six to
e; family tickets are $16.25. Tickets to the music
cost $6 for adults, and $4 for kids six to twelve;
ly tickets are $16.25. A combination family ticket
rafts and music is $29.25.
rite or call: P.O. Box 500, Mountain View, AR
0; 800-264-FOLK, or 501-269-3851.

igry Mother State Park, Marion, Virginia

n its sparkling lake set in forested mountains,
igry Mother State Park has been a family fa-
te for years. People who came here as children
iow coming back with their own children. Com-
able cabins are located at one end of the lake
a sandy swimming beach watched over by life-
ds throughout the season. A summer program
children and families includes arts and crafts,
ire hikes, environmental activities, nature and
nal studies and evening activities. The fun con-
ies with paddleboat rentals, guided horseback
s and fishing off a special fishing pier. And
n parents need a break from cooking, a restau-
serves lunch and dinner buffets.

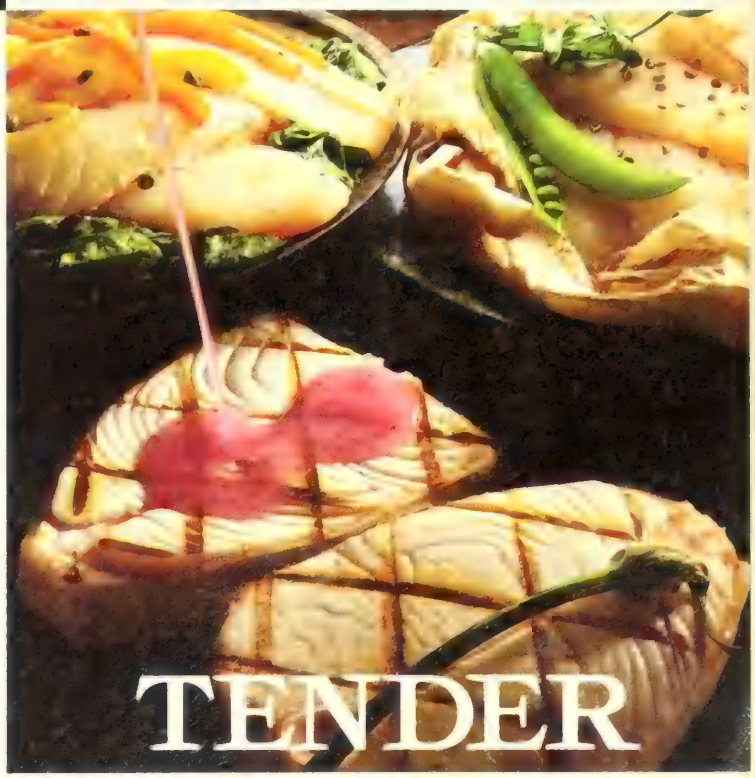
One- and two-bedroom rustic log cabins built by the Civilian Conservation Corps in the 1930s have fully equipped kitchens, private bathrooms and fireplaces. One-bedroom cabins are $216 per week; two-bedroom cabins are $312 per week. Roll-away beds are available for $21 per week. Campsites are also available.

Write or call: Route 5, Box 109, Marion, VA 24354; 703-783-3422 (park office); or 804-490-3939 (reservation line).

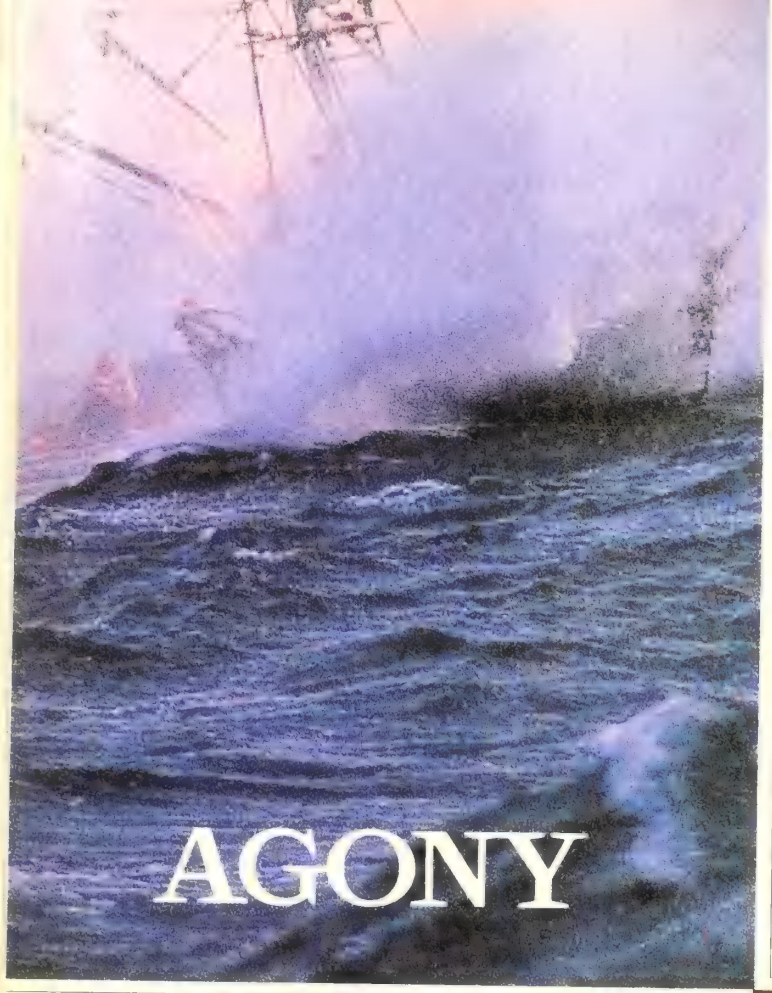
Maidstone Park Cottages, East Hampton, New York

These surprisingly affordable cottages are set amid an upscale resort area known for its magnificent beaches, magnificent mansions and equally magnificent prices. Located five miles northeast of East Hampton Village, the cottages have charming old-country surroundings. Swimming and sunbathing at breathtaking Gardiner's Bay beach is just a short walk away. Ocean beaches are a short drive from the cottages, as is fishing from the jetty at Three Mile Harbor.

Shingled one- and two-bedroom cottages have full kitchen facilities, cable TV, brick patios, chaise longues and beach chairs. At $520 per week, the one-bedroom cottage sleeps three; the two-bedroom sleeps up to five people for $630 per week. If you stay more than one week, successive weeks are *(continued)*



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(continued) discounted. Beach passes are provided. Rates are lower in May, June and September.

Call or write: 22 Bruce Lane, East Hampton, NY 11937; 516-324-2837 or 718-347-4829. Open May through Labor Day.

Loch Lyme Lodge, Lyme, New Hampshire

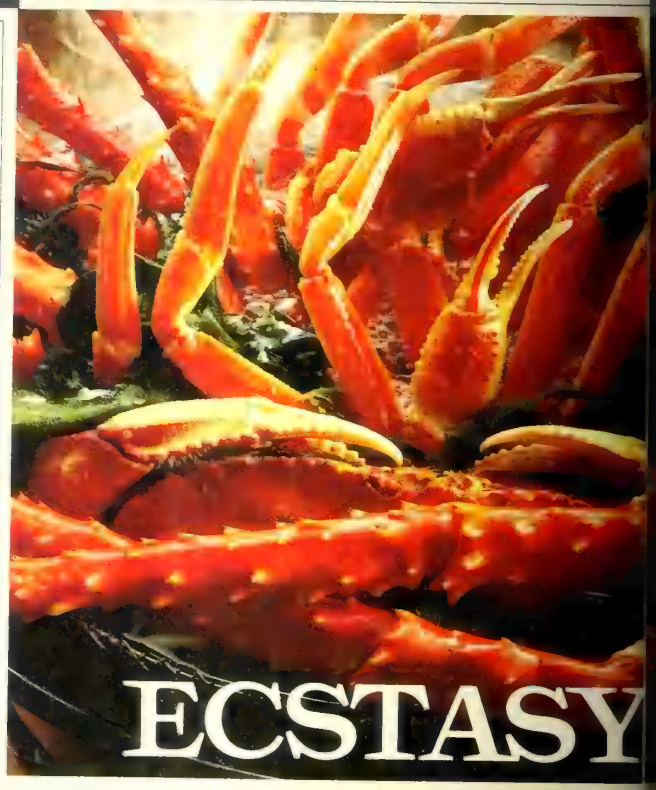
Families have been coming to Loch Lyme for the past seventy years to enjoy the blue water, green fields and flickering fireflies. Without any noisy interruptions from TVs, telephones or video arcades, kids and parents alike will enjoy the wholesome pleasures of an old-fashioned family vacation. Even the most active kids will be happy with the full spectrum of sports and games available, while the most sedentary parents will be immensely satisfied just watching the world go by from the comfort of an Adirondack chair along the lake. A shallow beach is perfect for youngsters, and accomplished swimmers will enjoy diving off a float into deep water. Boats, canoes and windsurfers are available at no extra charge. A croquet field, tetherball, badminton and clay tennis courts are located near the lodge.

There are three types of accommodations: four bed-and-breakfast rooms in the main lodge with shared bathrooms; twelve housekeeping cabins with fully equipped kitchens; and twelve modified Amer plan (breakfast and dinner) cabins with living ro fireplaces, porches and one to four bedrooms.

Housekeeping cabins range from $450 to $600 week, depending on size. For families opting to the modified American plan, rates are $55 per pe for the first and second adult, $45 for the third fourth adult, and $30 for children five to fifteen s ing in a regular bed, $22 per day for kids five to fif on a cot or daybed. Children under four are free sure to ask about Loch Lyme Lodge's many disco and packages for further reductions. This is a popular resort, so book early.

Call or write: R.F.D. 278, Route 10, Lyme, 03768; 800-423-2141 or 603-795-2141.

Excerpted from "The Best Bargain Family Vacations i U.S.A.," by Laura Sutherland and Valerie Wolf De (St. Martin's Press, 1993), a book packed with doze high-quality destinations at bargain prices. Familie search of the best for less will find resorts, dude ran family camps, lakeshore, riverside and beach vacations, tional and state parks, historical and cultural sites, learning vacations that they can both enjoy and afford. book will be available in bookstores in March or can b dered by calling 800-288-2131.



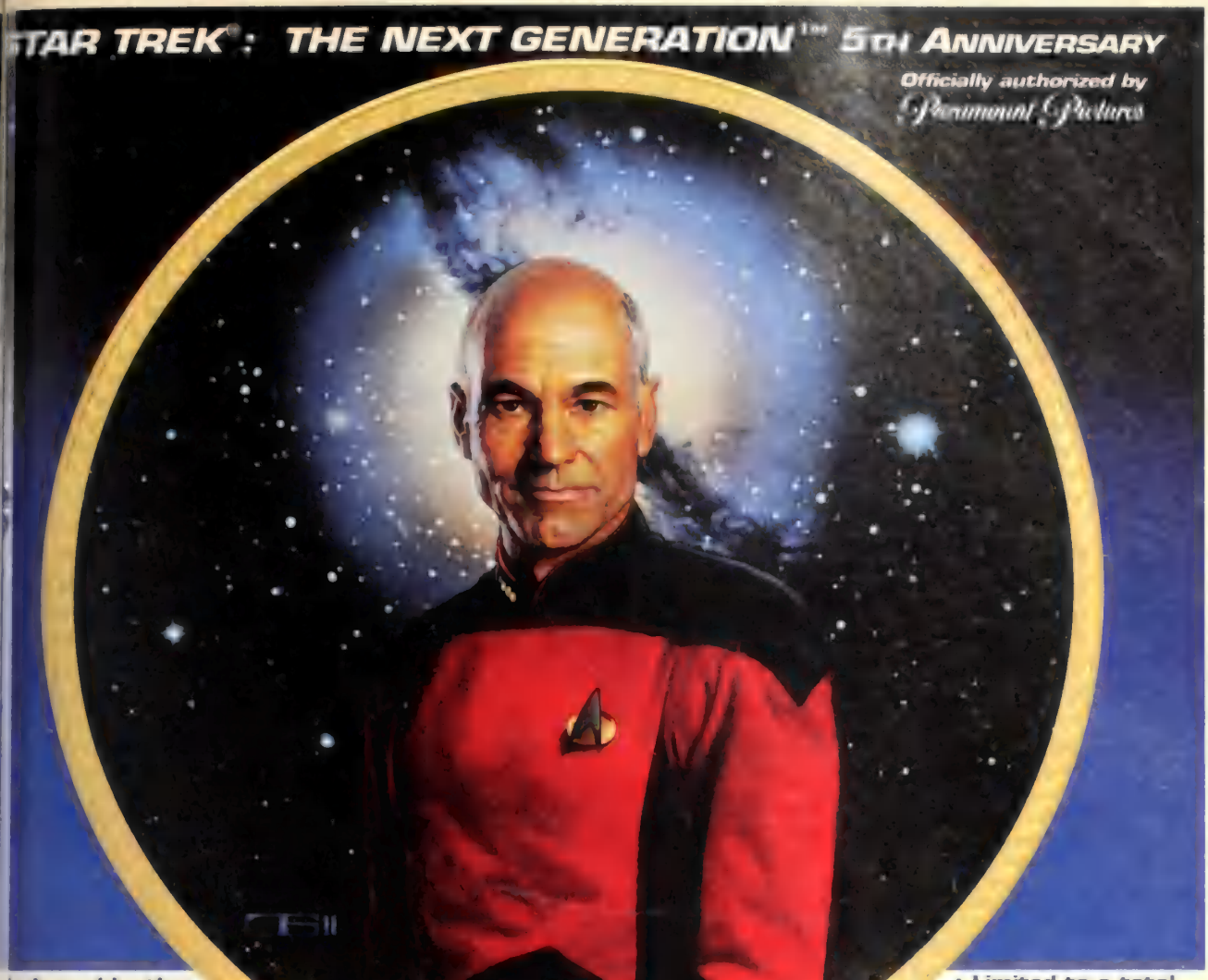
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ow, to mark the historic fifth anniversary of these "continuing voyages," The nilton Collection and Paramount Pictures proudly present *Captain Jean-Luc ard*—a riveting portrait of the one man in the galaxy most qualified to take helm of the legendary *Starship Enterprise*™.

reated by Thomas Blackshear, one of America's leading cinematic artists, masterpiece is available exclusively from The Hamilton Collection. Each e will be hand-numbered on the reverse and accompanied by a Certificate uthenticity. *Captain Jean-Luc Picard* premieres the *Star Trek: The Next neration 5th Anniversary Commemorative* Plate Collection. Owners of this ortant, limited edition will be guaranteed the right, *with no obligation*, to uire subsequent issues.

emand for *Star Trek*® collectibles has never been higher. So much so that ckshear's recent *Star Trek 25th Anniversary Commemorative* Plate and his *ock*" plate have already shown dramatic price appreciation on the sec- lary market. So don't delay! Own the ultimate STAR TREK: THE NEXT

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LADIES' HOME JOURNAL'S NEW CONTRIBUTING EDITOR, HOST OF THE NEW PBS SERIES *DECORATING WITH MARY GILLIATT* AND AUTHOR OF THIRTY BOOKS ON DECORATING, ANSWERS READERS' MOST-ASKED QUESTIONS



Making the most of bay windows

Q. *Our living room is rather small, but it does have a nice bay window. How can I make the window a focal point?*

A. A window seat is a good way to make a bay window more important. It also creates the illusion of more space and provides additional seating. Find a good carpenter to build a seat that either follows the bay shape or goes straight across the window from its outer moldings. If you have a radiator below the window, have a carpenter front the seats with a grille-style panel to let the heat escape efficiently. If you don't have a radiator, hinged lift-up seats with cabinetry underneath will provide extra storage. Foam seat cushions can easily be covered with your choice of fabric. Add a collection of throw pillows, and you'll have a decorative statement in addition to a functional solution.



Flawed floors

Q. *I like the look of bare floors with area rugs, but when we tore up the ratty old carpet in our new home, we found very beat-up floorboards. My contractor said they were beyond repair. Are there any inexpensive ways to make the floor look better?*

A. If your floor is really damaged, your best solution is to paint it. Though durable paints designed for floors are available, they come in a limited range of colors. You'll have more choices with an oil- or water-based paint topped with two or three coats of polyurethane. (Each coat of polyurethane must be allowed to dry for eight to twelve hours before another coat can be applied.) Designs painted on a floor can look beautiful, but if you plan to use area rugs, stick to a solid-color surface so you don't break up the painted pattern.

WARMING TRENDS

The most inviting rooms boast more than a comfortable sofa or a beckoning footstool. They're also comforting to the senses. Designers know that it's the little details that make the difference. Here are some easy ideas for creating warmth and coziness in any room.

■ Souvenirs of childhood are especially comforting, points out Manhattan psychotherapist Florence Kleiman. Connections of the past create a sense of security. Bring out those old bowling trophies and high school medals, and display them in your family room. Rummage through the attic for a favorite wooden toy and use it to decorate a fireplace mantel.

■ You can maintain a feeling of family closeness by using hand-me-down objects in interesting ways. Put out a soup tureen (never mind the lid) or an odd hand-painted dessert plate to collect keys or mail on the kitchen counter.

■ Your furniture should be set up in a way that promotes conversation, so pay attention to how you arrange your pieces. Organize sofas, chairs and tables in groupings that create an intimate feeling.

■ A room with pools of warm light either from table lamps or directed recessed lighting can't help feeling cozy. Overhead fixtures often throw light at harsh angles and are unsuitable for reading.

■ Look for scented candles or potpourri in your favorite fragrance, or buy it in the form of an essential oil, and make simple sachets for drawers or to tuck between sofa pillows.

—MARY PEACOCK



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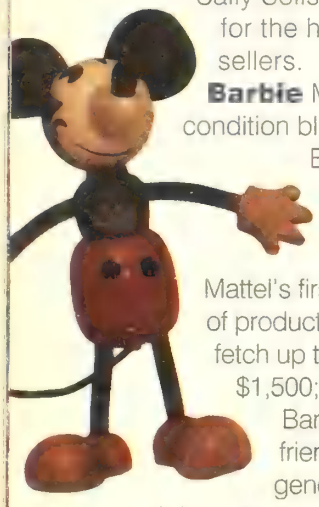
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QUAKER CHEWY GRANOLA BARS

What's it WORTH

TOYS in the attic

Are boxes of old toys collecting dust in your attic? Well, think twice before giving any well-preserved items away—there may be pricey collectibles stashed between those eaves! We asked antiques expert Sally Solis-Cohen for the hot sellers.



Barbie Mint-condition blond Barbie dolls from 1959, Mattel's first year of production, can fetch up to $1,500; Barbie's friends are generally worth less. An original 1961 Ken is worth about $125 Deciding when to sell is tricky, but if your Barbies are in the attic and subject to extreme heat or cold (which speeds deterioration), now may be a good time to cash in on your collection.

Board games If you have a pile of very old board games in pristine condition, you're in luck. Most collectors buy vintage board games for the vivid graphics on the box, generally paying a few hundred dollars per game. Last year, a couple I know auctioned more than twelve hundred games they'd amassed over thirty years for $369,000! Fifty-two of the games sold for over $1,000 each, including their 1899 "The Fire Alarm Game" by Parker Brothers ($2,750). A 1935 first-edition Parker Brothers "Monopoly" is worth $35 to $150.

Disneyana Mickey Mouse toys are sought by general toy collectors as well as cartoon-character enthusiasts and Disneyana specialists. Prices tend to remain under $50 for many Mickey toys made between the 1930s and 1970s, though a rare 1930s German lithographed tin wind-up of Mickey and Minnie on a motorcycle is listed at $25,000 in *The Collector's Encyclopedia of Disneyana* (Collector Books, $24.95).

Teddy bears Although American-made bears are rarer than their German-made Steiff cousins, they're not worth as much. A twelve-inch American bear dating from 1905 to 1910 can sell for $400 to $600, while a similar Steiff bear could bring $1,500 to $2,000, depending on its condition. The costliest vintage bear ever sold is a 24 3/4-inch frosted Steiff "Petsy" bear, which fetched $88,000 at a 1989 Sotheby's London auction.





Antiques and collectibles expert Sally Solis-Cohen was formerly the Dr. Swatch™ columnist for *Metropolitan Home*® magazine. She now writes nationally syndicated weekly newspaper articles on collecting.

HIGH-PRICED LOOKS FOR $100

WE ASKED DESIGNERS AROUND THE COUNTRY HOW TO GET THE BIGGEST DECORATING IMPACT

● Change the throw pillows on the sofa in your living room. If you have a one-color theme, buy pillows with patterns or textures. If your sofa has a floral fabric, choose coordinating solid colors and tailored geometrics for a dramatic look. —LINDA LEVY, Wellesley, MA

● For under $100, you can change the feel of a room by adding a chair-rail molding and painting (or papering) the top half of the wall one color and the bottom, a slightly lighter tone. —MICHAEL FOSTER, New York, NY

● Decorative painting can give a face-lift to any old table or dresser that's collecting dust in the attic. Try your hand with different techniques such as sponging, crackling or pickling (visit a home-improvement store for refinishing kits). —JULIE WAUGH, Nashvill

● Buy a great big colorful vase to display on an entry hall console or on the coffee table, and fill it with your favorite seasonal flowers. —CAROL EICHEN, Los Angele

● Freeze-dried floral arrangements are one of the hottest accessory items for the home because they're real flowers, but they last indefinitely. Ask your local florist to design one in the palette of your choice. —JEFFREY REIDEL, New York, NY

Why Give Up Taste For Health When You Can Have Both?



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The result: an oil with less saturated fat than corn or olive oil, that still lets you cook great tasting food.

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10 TIPS FOR A GREAT GARDEN

FORGET SPRING CLEANING: IT'S TIME TO PLAN AND PLANT A FABULOUS FLOWER GARDEN. WHETHER YOU HAVE LOTS OF SPACE OR JUST A TINY PATCH OF EARTH, THESE SIMPLE GUIDELINES FROM GEORGE BALL, JR., PRESIDENT OF THE AMERICAN HORTICULTURAL SOCIETY, WILL HELP YOU MAKE THE MOST OF IT

For open areas such as a large backyard, or for flower beds that will be seen primarily from a distance:

■ Choose flowers in strong, warm colors that will show up well: scarlet, dark pink, orange, gold, bright yellow.

■ In full sun, ever-popular yellow marigolds and pink or red geraniums work well, as do petunias, which come in a broader spectrum of colors than any other annual flower. Plus, the newer petunia varieties have giant double blooms for a fuller-looking flower.

■ For a shady location, two good choices are impatiens—best in bright orange, red or pink—and coleus, for colorful foliage.

■ Look for plants with overall impact, such as red salvia (shade tolerant but prefers sun). From a distance, the look of the individual blossoms is less important than the appearance of the plant as a whole.

■ Shorter and more compact hybrids are best for large areas and in front of the house where the view is primarily horizontal. (Certain hybrids are also more disease tolerant and produce more flowers, although fragrance is sometimes sacrificed.)

Of course, not everyone has the space—or the time—to maintain a large garden. City dwellers, in particular, often have tiny, fenced-in yards, which present an entirely different challenge. To make a small garden look its best:

■ Stick with cool colors such as blue, lavender, light peach, pale primrose-yellow or subdued wine-red (more aggressive colors can be overwhelming).

■ White is another particularly good color for a small garden. Try Burpee's new French Vanilla Marigolds—they're a cool, creamy white and taller than most marigolds.

■ Choose tall plants, such as hollyhocks or foxglove, for a more vertical, proportioned appearance.

■ Since you're more likely to be standing in the midst of the plants (rather than looking at them from a distance), pick flowers whose texture and shape is pleasing up close. Look for bicolored or veined flowers, or something with an intricate pattern like torenia.

■ Airy, delicate plants will keep a small garden from looking too dense or heavy. Two good picks are cleome and statice.

—SHARLENE KING JOHNSON



LHJ Special Offer

An artful garden

Fill your home with the beautiful flowers that Impressionist Pierre Auguste Renoir loved to paint: everblooming zinnias, poppies, French marigolds, cosmos, gloriosa daisies and cornflowers. Growing them is easier than ever: Just roll out the preseeded mat, cover it with soil, and water. Your Renoir Flower Mat will start to bloom within five weeks. To order, turn to page 211.



LHJ Special Offer

The mosquito beater

Nothing repels mosquitoes as naturally—or as beautifully—as the Citronella Plant. Indoors and out, the pleasant fragrance released through the plant's leaves will keep your yard, patio, pool and entire home mosquito-free. Best of all, it requires minimal care. To order, turn to page 211.



LHJ Special Offer

Butterflies galore

With a nonstop parade of beautiful, lilaclike flowers, the Butterfly Bush attracts butterflies like no other flowering plant. This hardy plant produces fragrant pink blooms the first year. Grow it as a lawn accent, or space the plants three feet apart to make a sensational flowering hedge. To order, turn to page 211.



Because nobody wears just white anymore.





Since no one wears just white, you need New Color Bright Clorox 2®. takes the stains out, without taking the color out, too.

That's because Clorox 2 Color Safe Bleach is uniquely formulated ith stain lifters to remove tough stains, plus special brighteners to keep ight colors looking their brightest. So treat all your colorful items

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The loneliest mother in America

Six years ago, a horrified nation mourned the death of Lisa Steinberg, a beautiful little girl killed at the hands of her abusive father. Now Hedda Nussbaum, Lisa's "adoptive" mother and a victim in her own right, is quietly healing from the nightmare

BY LINDA WOLFE

Several times a year, Hedda Nussbaum visits the tiny grave of Lisa Steinberg. Often she brings flowers, or little gifts she imagines the child would have liked. Once she brought a balloon to commemorate what would have been the girl's tenth birthday.

It's hard to believe that this gentle, grieving woman is the same broken figure who haunted our newspapers and TV sets six years ago. Indeed, her life today is far removed from her hellish existence with Joel Steinberg, a lawyer whose cruelty toward his family was later documented in days of chilling testimony. Yet Hedda Nussbaum has not only survived her ordeal, she has also made it her mission to ease the suffering of women like herself.



Hedda has found some serenity through her new hobby: nature photography. Here, she captures the delicate beauty of a rose

The circumstances of Lisa's death, and Hedda's abuse, were shocking both for their extreme brutality and the middle-class world in which they took place: One early morning in November 1987, Hedda called the Manhattan police, saying that her six-year-old daughter was choking and had stopped breathing. The girl was indeed unconscious—but from severe blows to the head. Lisa died three days later, a victim of the abusive father who had never legally adopted her or her baby brother, Mitchell.

The condition of Hedda, Steinberg's lover of twelve years, was just as appalling. Steinberg's assaults had left bald spots on her scalp; a nose that no longer had a bridge; cracked and broken ribs; a permanently damaged kneecap.

Steinberg was convicted of manslaughter and sentenced to eight and a third to twenty-five years in prison. Murder charges against Hedda were dropped; yet there are those who still believe that by not doing more to protect the children, she is at least partly responsible for little Lisa's death.

What the critics fail to realize is that Hedda was a victim, too. A battered woman often has so little self-esteem that she feels deserving of her punishment. She believes there is nowhere to go, no one who would help or want her, no way out. *(continued on page 128)*



Dr. Karen Strauss, environmental engineer, with son Luke and daughter Jenny

"As A Parent, I Have Living, Breathing Reasons To Support Nuclear Energy."

ıvironmental engineer and doctor of
: health, Karen Strauss affirms what
sands of other professionals in her
know about nuclear energy: It helps
ct our environment because it doesn't
te the air.

"The world of our children and our
ıchildren will need more electricity for healthy economic growth," Dr. Strauss says. "No single energy source is the whole solution. But nuclear energy is part of the solution. The U.S. already has 110 nuclear plants producing clean electricity with no air pollution. That's a precious environmental advantage for us and, even more, for future generations."

The more you know about energy choices, the more you can participate in those choices. For a free booklet on nuclear energy (including the national plan for safe nuclear waste disposal), just write to the U.S. Council for Energy Awareness, P.O. Box 66080, Department K, Washington, D.C. 20035.

Nuclear Energy Means Cleaner Air.

Menopause is the re
on Premarin®. Ask you
(conjugated estrogens tablets) a reason

The symptoms of menopause are very real: hot flashes, vaginal dryness and night sweats which may cause sleep disturbances.

For millions of women, these symptoms are effectively treated with estrogen replacement therapy.

And, the same treatment that relieves the symptoms of menopause can also help prevent osteoporosis (brittle bones), a disease that develops in about one of every four women over 50.

THE CONNECTION BETWEEN MENOPAUSE AND OSTEOPOROSIS.

After menopause, your body produces very little estrogen. Without estrogen, your bones can become fragile, more likely to break.

In fact, half of the bone mass women lose is lost in the first seven years after menopause begins. What's more, bone loss is irreversible. But even if some bone loss has occurred, estrogen can help prevent further loss. So it's important to ask your doctor if you're at risk of developing brittle bones.

HOW WOULD YOU ANSWER THESE IMPORTANT QUESTIONS?

Of course, some women are at greater risk for osteoporosis than others. This brief test will help determine your personal risk factor.

The more times you answer "yes", the greater your risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES	NO
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐	☐
2. Do you have a family history of osteoporosis?	☐	☐
3. Are you a postmenopausal woman?	☐	☐
4. Have you had a hysterectomy?	☐	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐	☐
6. Is your diet low in dairy products and other sources of calcium?	☐	☐
7. Are you physically inactive?	☐	☐
8. Do you now or have you ever smoked?	☐	☐

Clip out and take to your doctor.

ASK YOUR DOCTOR IF ESTROGEN THERAPY IS RIGHT FOR YOU.

Regular weight bearing exercise and calciu are important for everyone. However, for women at risk of osteoporosis, they may not b enough. Estrogen, as part of a total treatment program including diet and exercise, can be a effective way to help prevent osteoporosis. Th estrogen doctors prescribe most is Premarin®. Premarin has been shown to reduce hip and forearm fractures by approximately 60%...so ask your doctor if it's right for you.

)n most women start
loctor if osteoporosis is
) stay on it.

IE SIDE EFFECTS OF ESTROGEN IOULD BE CONSIDERED.

s with all drugs, there can be side effects h estrogen. One is the possibility of devel- ng cancer of the uterus. Be sure to discuss s with your doctor. If you've had a hyster- omy, you don't have this risk.

/hen you ask your doctor whether you're at x for osteoporosis, it's also portant to inform him ıer about all issues ating to your sonal health d family alth history. is history



should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.

SYMPTOMS OF MENOPAUSE WILL PASS. THE RISK OF OSTEOPOROSIS WON'T.

If you're one of the women at risk for osteoporosis, you need to find out about it. Your doctor may recommend estrogen replacement therapy. Premarin® is the most widely studied estrogen and the one doctors prescribe most. In fact, more than 7 million women in the U.S. alone rely on Premarin for the treatment of symptoms of menopause or as part of a program to help prevent osteoporosis.



PREMARIN®
(conjugated estrogens tablets)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

The loneliest mother

continued from page 124

Last fall, I decided to find out about her life today. Since Hedda had never voluntarily given an interview to a member of the press, I talked to the people closest to her. But then one day, Hedda said she would answer some of my questions. As she later explained, there were things in the story of her survival that might be of help to other women who had suffered at the hands of abusive men.

A safe haven

The gray-haired, vacant-eyed crone we remember from the news accounts is no more; at fifty, Hedda looks a lot younger now. For one thing, her hair is no longer gray (she requested that the *Journal* not reveal its present color). Nor is it short and lank, but shaped into a neat bouffant—a style that hides the cauliflower ears Steinberg gave her with his punches.

Plastic surgery has corrected some of the worst facial damage. Her nose looks pretty much like everyone else's now. But one of her eyes still bears witness to her former suffering. It weeps frequently, its tear duct damaged by a vicious jab from Steinberg's fingers.

She uses those eyes in a new way now, photographing trees, shrubs, flowers and other natural phenomena. "Some of her pictures are very haunting," says Betty Levinson, a lawyer who frequently represents battered women and has been handling the civil suits filed against Hedda by the natural mothers of Lisa and Mitchell.

There is plenty of inspiration to be found around Hedda's home, a simple country cottage in a small town [illegible] up state New York. She lives alone [illegible] her and, although city born and bred, [illegible] seem not to miss urban living. "Nature [illegible] the me," she says. "I have become very a[illegible] tracted to the world of nature, and [illegible] er joy living in a setting where I [illegible] b close to it."

"Hedda is a remarkable woman," Levinson says. "She's talented and [illegible] on petent in many ways. She's like a [illegible] who was frozen, and now the ice is [illegible] ed, and she's alive again."

Breaking the barriers

Much of the credit for Hedda's [illegible] morphosis must go to a soft-spo[illegible] warmhearted psychiatrist n[illegible] Samuel Klagsbrun, who runs [illegible] Winds Hospital, a small psychiatri[illegible] pital in New York's *(cont*

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets

This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina) *and atrophic urethritis* (which may cause difficulty or burning on urination).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED

Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS

Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS

In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE

If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

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This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, PI 4060-1, issued June 6, 1990 with the incorporation, in lay language, of pertinent text from the Physician insert, CI 4079-1, issued May 23, 1991.

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Vaginal dryness has many causes. Fortunately, there's a long-lasting solution.



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PARKE-DAVIS FEMALE HEALTH CARE

The loneliest mother

continued

Westchester County. He first met Hedda three months after Lisa's death, when a social worker from the medical center where she was being treated asked him to admit her. For one year, she lived as an inpatient in a cottage on the hospital grounds, and since then she has seen him on an outpatient basis.

Klagsbrun was dismayed at first to find his famous patient virtually mute, and so unresponsive that she seemed altogether devoid of emotion. Gradually, however, the doctor won her trust to the point where she was able to talk about the degradation she had experienced.

What she had to say astonished Klagsbrun. "Like most classically trained psychiatrists," he says, "I had always believed that battered women must have a flawed character structure—must be masochistic and enjoy pain—or must have had terrible childhoods in which they learned to equate abuse with love.

"But none of this was true for Hedda, and I learned from her—and later from treating other battered women—that given the right set of circumstances, any one of us could be Hedda Nussbaum."

Such victims, he continues, "lose all perspective and even the ability to evaluate themselves. They live from one tiny morsel of life to the next, not thinking about the future, but what they can do to avoid the next beating."

At first, Klagsbrun believed that Hedda's emotional scars might limit her life permanently. His patient surprised him, though, by regaining not just her powers of communication, but her judgment and her common sense. "Today's Hedda," Klagsbrun says, "has a sense of humor, a lot of wit and a positive approach to life."

A kindred spirit

One of the most significant aspects of Hedda's psychological improvement has been her willingness to allow new friends into her life. Sharon Muze (name has been changed) is one of them. Once a battered wife herself, Muze had followed the Steinberg case closely. Two years ago, while at a local bank, Muze spotted Hedda and caught her attention. The two have been close ever since.

Muze finds her friend shy, yet not at all emotionally barren. "She gets upset when people stare at her," she says. "And she cries when they do something nice for her. Last Mother's Day, she sobbed when I gave her a bouquet of flowers and told her, 'Just because you don't have your children anymore doesn't mean you're not a mother.' "

Reaching out

Unfortunately, while Hedda's emotional needs are being met, her financial needs are not. She has been struggling to find a viable way to support herself ever since her earliest days at Four Winds.

Her income has come from such sources as part-time secretarial work and piecework—putting decals on thimbles and salt and pepper shakers. Her total earnings are barely enough to cover living expenses. A certified paralegal, Hedda has also sent job applications to attorneys and corporations, but has yet to receive an offer.

Yet, though her career goals may be suffering setbacks, Hedda has found personal fulfillment through helping others: In her spare time, she has become active in a local organization that assists battered women. Among her favorite responsibilities there is serving as one of the leaders of a self-help group, where the women encourage one another to break the cycle of abuse. "I get a real feeling of satisfaction from seeing the way the women change over time," she says. "They learn to focus on themselves, not just on the abuser."

Hedda feels particularly gratified when group members gain the strength to leave abusive households. And while she is greatly saddened when other women can't find it in themselves to do so, she struggles hard against becoming discouraged. "You have to ke[ep] talking to them," she says. "You [have] to keep on trying to open their [eyes]. You can't give up. The stake[s are] just too high."

A lasting sorrow

Yet no matter how many personal victories she wins, nothing can ease Hedda Nussbaum's sorrow over the death of Lisa, or her regrets over what she might have done to protect her. Many things remind her of the little girl, and the memories often bring her to sudden tears. "One time recently," she recalls, "I was [hold]ing the infant daughter of a member of my battered-women's group, and [I saw] that she was wearing the same kind of stretch suit I used to put on Lisa, and I just broke down."

But worst of all is when she hears or reads about abused children. "When that happens," she says, "I think of Lisa and all that she must have suffered that terrible last week of her life, and I wish I could go back and change it—get her out, as we [did] Mitchell and myself. But that cannot ever be, and I carry the pain of the truth with me always."

Linda Wolfe is a free-lance writer in New York.

The little boy who survived

At six, Travis Christian Smigiel is already far luckier than his adoptive sister was at his age. He is healthy, happy, lives with a loving family, and his tortured existence as Mitchell Steinberg seems only a nightmare from a distant memory.

The horror of the boy's first sixteen months can only be imagined. But his appearance at the time of Joel Steinberg's arrest—tied to a playpen, wearing a filthy diaper, a bottle of soured milk by his side—indicated a life of misery and neglect that might well have ended as tragically as Lisa's had fate not intervened.

When Joel and Hedda's story made headlines, no one was more shocked and outraged at the younger child's plight than Nicole Smigiel. The previous June, as a high school senior, she had given birth to a boy, then released him for adoption. After Steinberg's arrest, police contacted Nicole's parents and they in turn spoke to her. She realized that Mitchell was her baby.

Nicole went to court and was promptly awarded permanent custody of her son. With her parents' support, she completed college, and at one point had her eye on a law degree. Now twenty-two, she holds a full-time job—at what, she declines to make public—while remaining a single mom. (Travis's father has liberal visitation rights.)

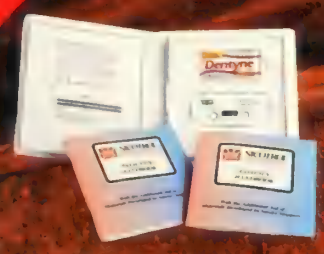
Travis has adjusted to his new home—and new identity—and signs of his emotional trauma have become less evident. According to Nicole's lawyer, Anthony V. Barbiero, the boy "is an integral part of the family, and we hope and pray that he'll be able to lead a happy, productive life." Nicole is working toward that goal by refusing interviews that would only put her son back in the spotlight. By distancing herself from the past, she hopes to heal the heartbreak of having been both a pregnant teenager and then a mother learning her child had suffered at the hands of the man who was supposed to care for him.

—SHANA ABO[RN]

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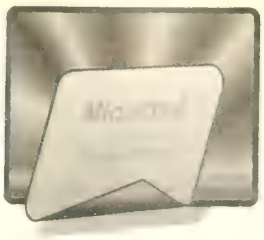
INFORMATION HOTLINE: 1-800-284-8118

Please see adjacent page for additional important information.

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For more information, call 1-800-284-8118

Nicotrol ® (nicotine transdermal system)

Systemic delivery of 15, 10, or 5 mg/day over 16 hours. Before prescribing, please see full prescribing information.

A Brief Summary follows. INDICATIONS AND USAGE Nicotrol systems, applied while patients are awake, are indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Nicotrol therapy is recommended for use as part of a comprehensive behavioral smoking cessation program. The use of Nicotrol systems beyond 5 months has not been studied. **CONTRAINDICATIONS** Use of Nicotrol systems is contraindicated in patients with known hypersensitivity or allergy to nicotine or to any component of Nicotrol transdermal systems. **WARNINGS** Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, emphysema, and may adversely affect the fetus and the pregnant woman. For any smoker with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking cessation program should be weighed against the hazard of continued smoking while using Nicotrol systems and the likelihood of achieving cessation of smoking without nicotine replacement. **Pregnancy, Warning** – Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that Nicotrol systems can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by Nicotrol systems has not been examined in pregnancy (see PRECAUTIONS). Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If Nicotrol therapy is used during pregnancy, or if the patient becomes pregnant while using Nicotrol systems, the patient should be apprised of the potential hazard to the fetus. **Safety Note Concerning Children** – The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal in a Nicotrol system is applied or ingested by children or pets. Used 15 mg/day systems contain about 40% (10 mg) of its initial drug content. Therefore, patients should be cautioned to keep both the used and unused Nicotrol systems out of the reach of children and pets. **PRECAUTIONS** The patient should be urged to stop smoking completely when initiating Nicotrol therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using Nicotrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the treatment should be discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions). Use of Nicotrol systems beyond 5 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting. **Allergic Reactions** – In a 3-week open label dermal irritation and sensitization study of Nicotrol systems applied 23 hours per day, 3 of 215 patients (1.4%) exhibited definite erythema at 24 hours after application. Upon challenge, none of the subjects exhibited any contact allergy. In the efficacy trials erythema following system removal was typically present in 7% of patients, edema was seen in 3%, and dropouts due to skin reactions were reported in 1% of patients. Severe skin reactions were not observed in either of the trials. Patients who exhibit contact sensitization should be cautioned that a serious reaction could result from exposure to other nicotine-containing products or smoking. Patients should be instructed to discontinue promptly the use of Nicotrol systems and contact their physicians in the case of severe or persistent local skin reactions at the site of application (e.g., severe erythema, pruritus, or edema) or a generalized skin reaction (e.g., urticaria, hives, or generalized rashes). **Skin Disease** – Nicotrol system is usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (psoriasis, atopic or eczematous dermatitis). **Cardiovascular or Peripheral Vascular Diseases** – The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed. Tachycardia occurring in association with the use of Nicotrol therapy was reported occasionally. If serious cardiovascular symptoms occur with the use of Nicotrol systems, the therapy should be discontinued. Nicotrol therapy should generally not be used in patients during the immediate post myocardial infarction period, or in patients with serious arrhythmias or with severe or worsening angina pectoris. **Renal or Hepatic Insufficiency** – The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (see Pharmacokinetics in full prescribing information). **Endocrine Diseases** – Nicotrol therapy should be used with caution in patients with hyperthyroidism, pheochromocytoma, or insulin-dependent diabetes, since nicotine causes the release of catecholamines by the adrenal medulla. **Peptic Ulcer Disease** – Nicotine delays healing in peptic ulcer disease; therefore, Nicotrol therapy should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks. **Accelerated Hypertension** – Nicotine therapy constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore Nicotrol therapy should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks. **Information for Patient** – A patient instruction sheet is included in the package of Nicotrol systems dispensed to the patient. It contains important information and instructions on how to use and dispose of Nicotrol systems properly. Patients should be encouraged to ask questions of the physician and pharmacist. Patients must be advised to keep both used and unused systems out of the reach of children and pets. **Drug Interactions** – Smoking cessation with or without nicotine replacement may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	Possible Mechanism
Acetaminophen, caffeine, imipramine, diazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation
Insulin	Increase of subcutaneous insulin absorption with smoking cessation
Adrenergic antagonists (e.g., prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation

May Require an Increase in Dose at Cessation of Smoking	Possible Mechanism
Adrenergic agonists (e.g., isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation

Carcinogenesis, Mutagenesis, Impairment of Fertility – Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidences of tumors in the cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with tumor-initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats. Neither nicotine nor cotinine is mutagenic in the Ames bacterial test. Nicotine induced repairable DNA damage in an *E. coli* test system. Nicotine also appears to be genotoxic in a test system using Chinese hamster ovary cells. In rats and rabbits, implantation can be delayed or prevented by a reduction in DNA synthesis that appears to be caused by nicotine. Studies have shown a decrease in litter size in rats exposed systemically to nicotine during gestation. **PREGNANCY** – Pregnancy, Category D (see WARNINGS section). The harmful effects of cigarette smoking on maternal and fetal health are clearly established. These include low birth weight, an increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of Nicotrol therapy on fetal development are unknown. Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. Spontaneous abortion during nicotine replacement therapy has been reported; as with smoking, nicotine as a contributing factor cannot be excluded. Nicotrol systems should be used during pregnancy only if the likelihood of smoking cessation outweighs the potential risk of using Nicotrol systems by the pregnant patient, who might continue to smoke. **Teratogenicity** – *Animal Studies.* Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg SC). *Human Studies.* Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans. **Other Effects** – *Animal Studies.* A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking one cigarette in 5 minutes), breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 µg/kg/min nicotine to pregnant rhesus monkeys (equivalent to smoking about six cigarettes every minute for 20 minutes). *Human Experience.* Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low birth weight infants, and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effects of cigarette smoking on cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate and decreased uterine blood flow and fetal breathing movements. Nicotrol systems have not been tested in pregnant women. **Labor and Delivery** – Nicotrol systems are not recommended for use during labor and delivery. The effects of nicotine on a mother or the fetus during labor is unknown. **Use in Nursing Mothers** – Caution should be exercised when Nicotrol systems are administered to nursing women. The safety of Nicotrol therapy in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk to plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first pass clearance, however efficiency of removal is probably lowest at birth. Nicotine concentrations in milk can be expected to be lower with Nicotrol systems when used while awake than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from Nicotrol therapy should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from Nicotrol therapy alone or in combination with continued smoking. **Pediatric Use** – Nicotrol therapy is not recommended for use in children because the safety and effectiveness of Nicotrol therapy in children and adolescents who smoke have not been evaluated. **Geriatric Use** – Seventy-nine patients over the age of 60 participated in clinical trials of Nicotrol therapy. Nicotrol therapy appeared to be as effective in this age group as in younger smokers. **ADVERSE REACTIONS** Assessment of adverse events in the 509 subjects who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by the smoking of many patients. When reporting adverse events in the trials the investigators did not attempt to identify the cause of the symptom. No serious adverse events were reported during the trials. **Topical Adverse Events** – The most common adverse event associated with topical nicotine was mild and short-lived erythema, pruritus, or burning at the application site, which was seen at least once in 47% of patients on Nicotrol systems in the efficacy trials. Local erythema after system removal was noted at least once in 7% of patients and local edema in 3%. Erythema generally resolved within 24 hours. About 1% of patients dropped out of clinical trials due to local reactions; none had classical contact sensitization (see PRECAUTIONS, Allergic Reactions). In the clinical trials performed (one U.S. and one U.S. clinic), fewer total patients were used than in trials of other nicotine transdermal systems, and fewer adverse reactions were reported than in U.S. trials with other systems achieving comparable blood levels. Therefore, the systemic adverse event rates in the two sections below are based in part on 1200 patients treated with systems delivering comparable rates of nicotine per hour.

Probably Causally Related – The following adverse events are believed related to Nicotrol treatment based on experience in clinical trials. *Nervous system:* Dizziness* *Musculoskeletal system:* Arthralgia† *Skin and appendages:* Rash,* sweating† *reported in 3-9% of patients. †reported in 1% to 3% of patients. Complaints occurring in fewer than 1% are not listed. **Causal Relationship UNKNOWN** – Adverse events reported in active- and placebo-treated patients at about the same frequency in clinical trials are listed below. The clinical significance of the association between Nicotrol treatment and the following events is unknown, but they are reported as alerting information for the clinician. *Body as a whole:* Back pain,† pain† *Digestive system:* Abdominal pain,* constipation,* diarrhea,* dyspepsia,† flatulence,† nausea,* vomiting† *Musculoskeletal system:* Myalgia† *Nervous system:* Concentration impairment,* depression,* headache,* insomnia,* nervousness* *Respiratory system:* Cough increased,† sinusitis† *Special senses:* Taste perversion† *Urogenital system:* Dysmenorrhea* †reported in 3% to 9% of patients. †reported in 1% to 3% of patients. Complaints occurring in fewer than 1% are not listed. **DRUG ABUSE AND DEPENDENCE/OVERDOSAGE** For further information, please see full prescribing information. **DOSAGE AND ADMINISTRATION** Patients must desire to stop smoking and should be instructed to *stop smoking immediately* as they begin using Nicotrol therapy during waking hours. The patient should read the patient instruction sheet on Nicotrol therapy and be encouraged to ask any questions. Treatment should be initiated with the Nicotrol 15 mg/day system. The patient should continue the treatment (one system each day) for 4–12 weeks of therapy. The patient should stop smoking cigarettes completely during this period. If the patient is unable to stop cigarette smoking within 4 weeks, Nicotrol therapy should be stopped, since few additional patients in clinical trials were able to abstain after this time.

Recommended Dosing Schedule

Dose	Duration
Nicotrol 15 mg/day	First 12 weeks
Nicotrol 10 mg/day	Next 2 weeks[a]
Nicotrol 5 mg/day	Last 2 weeks[b]

[a] Patients who have successfully abstained from smoking should have their dose of nicotine reduced after each 2-4 weeks of treatment until the Nicotrol 5 mg/day dose has been used for 2-4 weeks.

[b] The entire course of nicotine substitution and gradual withdrawal should take 14-20 weeks. The use of Nicotrol therapy beyond 5 months has not been studied.

The Nicotrol system should be applied promptly upon its removal from the protective pouch to prevent loss of nicotine from the system. The Nicotrol system should be used only when the pouch is intact to assure the product has not been tampered with. A Nicotrol system should be applied only once a day to a non-hairy, clean, and dry skin site on the upper arm or the hip. Each day a Nicotrol system should be applied upon waking and removed at bedtime. **Caution** – Federal law prohibits dispensing without prescription.

Product information as of March 5, 1992 9854G

Manufactured by Cygnus Therapeutic Systems for Kabi Pharmacia, Sweden. Distributed by

PARKE-DAVIS
Division of Warner-Lambert Company
Morris Plains, NJ 07950 USA

"Tickles"

Handcrafted with delightful personality, just $49.95

Sitting on the grass on a Summer day, this playful baby boy decides to crawl er to Mommy and "help with the rdening." As he starts to get onto all urs, he bursts into a precious baby ggle. There, inching its way up his ubby little arm, is a furry caterpillar! "Tickles" by artist Kathy Barry-ppensteel is the first issue in *Joys of mmer,* a collection of happy babies scovering the magical nders of the season. "Tickles" is hand-craft- with head, arms, d legs of by-smooth que por- lain. With "ticklish" pose d his ear-to-ear smile, u can't help but laugh along with m. "Tickles' " eyes are squinted sed, and his hand-painted cheeks ve the rosy blush from being in the nshine. He's dressed in a cool, hand- lored playsuit, and a matching hat to ade his fair skin. His furry critter can positioned as if it were crawling up arms or legs.

Recommended by Ashton-Drake, ickles" is certified *Premiere Grade* — ur assurance of superior artistry and iftsmanship. As an heir- m-quality doll with ceptional credentials, may be a wise in- stment as well. Enjoy the fun of a by's outdoor dis- veries for only $49.95. t hurry. . . "Tickles" is issued an exclusive, hand-numbered edi- n, so order today.

992 The Ashton-Drake Galleries
0 North Maryland Avenue
es, Illinois 60714-1397

A6441-CE2X



Actual size is 9 inches, seated. Complete with "caterpillar." Doll shown in a model setting that is not life-size.

THE ASHTON-DRAKE GALLERIES
Bringing You Dolls of Irresistible Value

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April 15, 1993

ASHTON-DRAKE GALLERIES
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please enter my reservation for "Tickles," first issue in the *Joys of Summer* tion. Limit one. I understand that I need SEND NO MONEY NOW. pay for "Tickles" in three convenient monthly installments of $16.65* the first being billed before shipment of the doll.

Satisfaction is unconditionally guaranteed. I understand may, for any reason, return "Tickles" to the Ashton-Drake Galleries time within ***full year*** after I receive him for a refund or credit of ll purchase price, including postage.

X _____
Signature

_____ ( )
Name (please print clearly) Telephone

_____
Address Apt. No.

_____
City State Zip

*Plus $3.94 home delivery fee and any applicable sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $33.31 plus postage and handling and any applicable sales tax.

76441-D88005



"I'm a SURVIVOR

TWO YEARS AGO, COUNTRY STAR REBA McENTIRE LOST HER BAND IN A TRAGIC PLANE ACCIDENT. IN THIS LHJ EXCLUSIVE, SHE TELLS HOW SHE'S CARRIED ON—AND COPED WITH HER OWN BRUSH WITH DEATH.

BY KATHRYN CASEY



Reba McEntire has a head cold. A cool-air vaporizer hums steadily in the background, and she clutches a wad of tissue. "I got it in Phoenix, Saturday night," she sniffles. "It was forty degrees, and we played an outdoor theater." This is the final week of an eight-month concert tour, and McEntire looks tired. Maybe it's the cold. Maybe it's the schedule. Last night she played Las Vegas—Caesars Palace, with her name emblazoned in seven-foot letters on the marquee. After the sold-out show, she hung around to rub elbows with fan club members. It was well after two A.M. when her work-night ended.

Her intricately produced show, with its video screens and laser effects, was a hit. Vegas audiences can be tough, but this one gave her a standing ovation. With a week's worth of performances ahead, couldn't she have skipped the late-night fraternizing with fans? "Oh, no," she gasps, suddenly leaning forward in the straight-back dining-room chair.

Her Oklahoma accent seems to vibrate off the walls of this chrome-and-glass suite filled with sleek furnishings, a hot tub, and a fake waterfall. "I probably could cut back, make it easier on myself, but I don't. I *(continued on page 208)*

Photo: Jonathan Exley/Celebrity Photo; hair: Jenika Spoa; style: Leslie Campbell/HMS Booking; jacket: Michael Hoban for North Beach Leather; earrings: Carol Lee; bracelet: Al Beres, U.S.A.

the kindness revolution

It all started in California, naturally: In 1983, San Francisco-area artist Anne Herbert decided that doing unexpected favors for strangers could help make the world a better place. Her idea to engage in "random acts of kindness" started popping up in newspapers, on billboards, pins and bumper stickers. Soon there were reports of people doing such things as paying the toll for cars behind them at toll plazas, or fixing up an elderly couple's run-down house.

Last year, a group of "kindness" practitioners got together to share their stories. Read these touching tales—they may make you want to join the revolution

THE BOY AND THE BASEBALL MITT

When I was in college, I worked part-time at a sporting-goods store. There was a kid who would come by two or three times a week to visit with a baseball mitt that he wanted to buy. My manager and I would joke about him not only because he was so dedicated, but because he had picked the most expensive mitt in the shop to get obsessed about.

This went on for months. The kid would come in, put on the mitt, pound his fist into the pocket a couple of times, and then very carefully put it back onto the shelf and leave. Finally, one day he came in with a shoe box and a smile about eight miles wide and announced that he wanted to buy the mitt. The manager brought the mitt over to the cash register while the kid counted out a shoe box worth of nickels, quarters and dimes. His stash came to exactly $19.98. The mitt cost $79.98, not including tax. My manager looked at the price tag, and sure enough, the seven was a little smudged, just enough that a desperately hopeful seven-year-old could imagine it to be a one. Then the manager looked at me, smiled and very carefully recounted. "Yep, exactly $19.98." Wrapping up the mitt, he gave it to the boy.

COFFEE LOVERS' ANGEL

For years, I have been going to the same bagel shop every Sunday. One morning in the middle of a dreary, drizzly weekend, I trudged in, dripping wet with my newspaper tucked under my overcoat. I ordered my usual bagel with lox and cream cheese and an espresso. I was casually informed that my coffee had already been paid for. I looked around expecting to see a friend sitting somewhere. When I didn't, I asked the young woman at the register. She just smiled and said, "Someone paid for twenty coffees, and you are number eight." I sat there for almost an hour, reading my paper, and watching more surprised people come in to find their morning coffee prepaid. There we all were, furtively at first and then with big smiles on our faces, looking at everyone else in the restaurant and trying to figure out who had done this incredible thing, but mostly just enjoying the experience as a group. It was a beautiful blast of sunshine on an otherwise overcast winter day.

From RANDOM ACTS OF KINDNESS, by the editors of Conari Press. Copyright © 1993 by Conari Press, Emeryville, CA.

FLOWER POWER

I took a job at an insurance company in a huge downtown building. On my first day, I was escorted to this tiny cubicle surrounded by what seemed like thousands of other tiny cubicles, and put to work. It was so depressing I almost broke down crying. At lunch all I could think about was how much I wanted to quit, but I couldn't because I desperately needed the money.

When I got back to my cubicle after lunch, there was a beautiful bouquet of flowers sitting on my desk. For the first month I worked there, flowers just kept appearing. I found out later that it had been a kind of spontaneous office project. A woman in the cubicle next to me brought in the first flowers to cheer me up, and then others just began replenishing my vase. I ended up working there for two years, and many of my best friendships grew out of that experience.

HERO OF THE HILL

You hear a lot of stories about tourists trying to drive in San Francisco. I discovered a whole new twist one day when I was walking up a steep hill and saw a car stopped near the top with a very frightened woman inside. She made a few attempts to get moving, but each time seemed to lose more ground than she gained. Then a man came out of the corner market. The next thing I know, she gets out of the car and goes around to the passenger side while he climbs into the driver's seat and drives the car up over the top of the dreaded hill. By then I had reached the store where the helpful man's wife was watching. She told me that her husband, who owns the market, has been doing that for years, and that during the summertime—peak tourist season—he will "rescue" as many as ten scared drivers a week.



CAN'T BUY ME LOVE



Pricey clothes, new cars, lavish parties—Betty Jo Sutton-Gibson wanted the very best for her daughter. But there was only one way Betty Jo could afford to pay for it. A true tale of greed, guilt and a mother's love gone wrong. By Susan Price

To Priscilla Butler, the South Coast Plaza mall in Costa Mesa, California, was a second home. The preppy young woman routinely dropped tens of thousands of dollars on expensive clothes, jewelry and furnishings in the posh center, to the delight of the salesclerks who earned sizable commissions on her purchases.

The world of her mother, Betty Jo Sutton-Gibson, was considerably less glamorous. An accounts payable clerk, she worked in a nearby office for a modest $8 an hour. What no one suspected was that she was also financing her daughter's lavish lifestyle—by stealing company funds.



Like Mildred Pierce, the Joan Crawford character who tried to buy her way into the heart of her social-climbing daughter, Betty Jo hoped that giving Priscilla everything she wanted would win her daughter's unflagging love and make up *(continued on page 220)*

PRISCILLA BUTLER, UNDER ARREST, TAKES A LAST LOOK AT SOME OF THE ILL-GOTTEN GOODS SHE TURNED IN TO POLICE

HOSPITALS



HAZARDOUS TO YOUR HEALTH

THEY'RE SUPPOSED TO CURE US, NOT KILL US. BUT HOSPITALS ARE, ALL TOO OFTEN, HAVENS FOR BAD SURGEONS, UNSANITARY CONDITIONS, AND CARELESS WORKERS. HERE'S HOW TO PROTECT YOURSELF AND YOUR FAMILY.

BY ANDREA ROCK

Kathleen Gonzalez called her mother from New York Hospital in the early hours of September 12, 1991: "Mommy, I'm scared. I can't breathe, and they're not doing anything about it," said the eighteen-year-old. Carmen and Ricardo Ramirez, Kathleen's mother and stepfather, rushed to the hospital where Kathleen was being treated for lupus, a disorder that causes inflammation of the body's connective tissues and organs.

"When I arrived, I asked the nurses to call her doctor, but they sent an intern fresh out of medical school who said Kathleen was just having an anxiety attack and didn't need any further medical attention," says Carmen. For more than six hours she begged unsuccessfully for the staff to take her daughter's symptoms seriously. "Some of them were even laughing at me, saying I was paranoid." Kathleen's condition steadily deteriorated, leading to her death two and one half weeks later.

Though it's small consolation to Carmen, New York State Health Department investigators ruled that the hospital staff indeed failed to properly diagnose the severity of Kathleen's condition the night she called her mother, and did not monitor her adequately to detect an alarmingly low level of oxygen in her bloodstream. They also cited the hospital for allowing an unsupervised intern to treat her and for allowing nurses to give her, for five days, a drug to which she was allergic.

Not all hospital personnel are as grossly negligent and insensitive as were those who treated Kathleen, but patients face similar dangers in varying degrees in facilities all across the U.S. "A hospital is a place where patients expect to be made well, not to be made sicker or be killed, but expectations don't always match reality," says Lowell Levin, Ed.D., a professor at the Yale University School of Medicine.

Nearly 30 percent of hospitalized patients suffer from errors in administering medication or adverse reactions to the drugs they are given, according to a recent study. Between 5 and 10 percent of patients develop hospital-acquired infections, leading to as many as 100,000 deaths a year, while an astonishing 50 percent of operating-room deaths have been attributed to *(continued on page 212)*

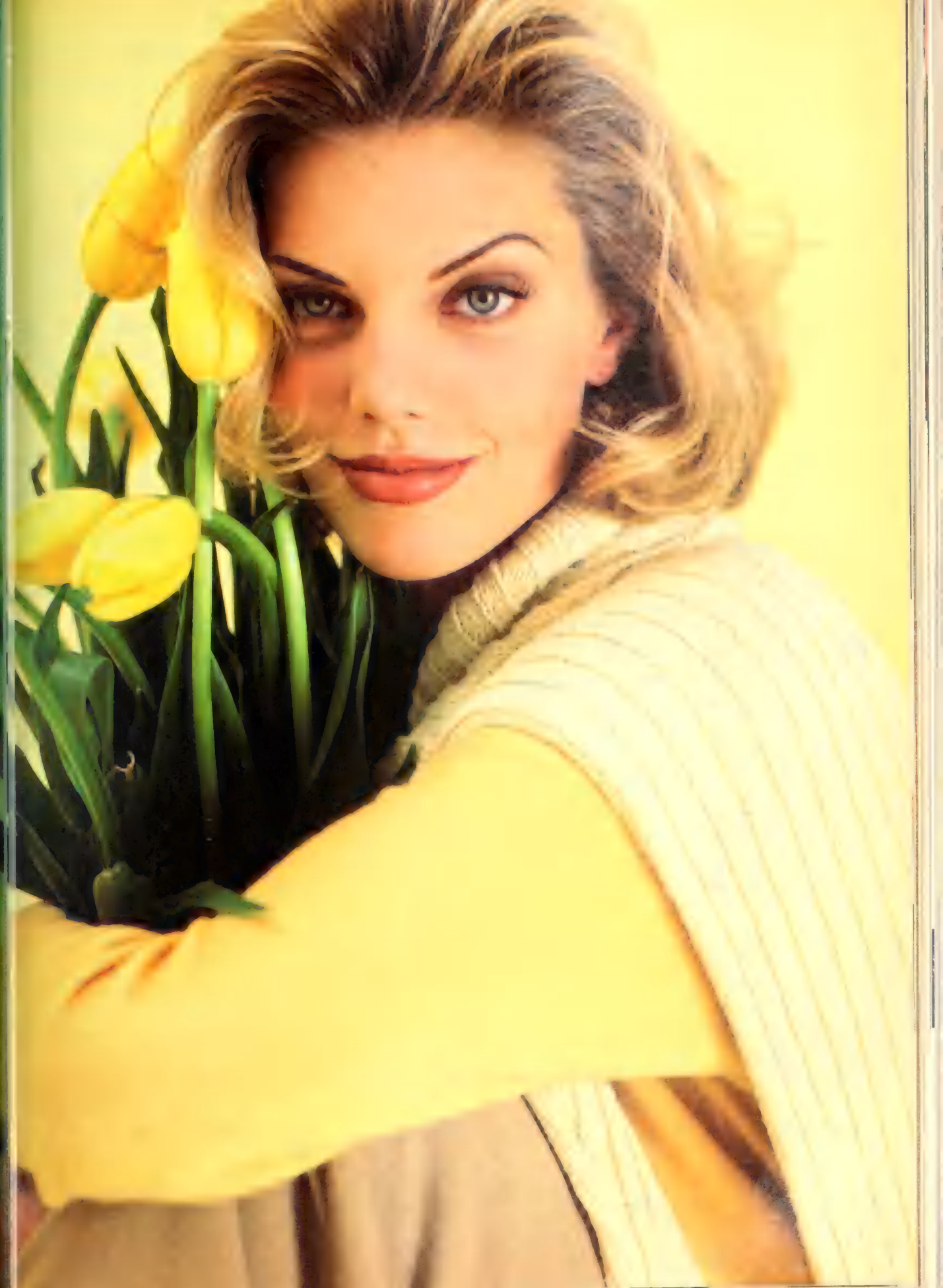


soft FOCUS

AFTER A SEASON OF TAILORED CLOTHES AND GLAMOROUS MAKEUP, WE'RE HEADED FOR A WELCOME WARMING TREND. THE RULES HAVE BEEN REDEFINED: SUDDENLY, SUMMERY PASTELS LOOK RIGHT, RIGHT NOW

Pastels haven't simply arrived on the scene a few months too early—they're here for good, all year long. Which makes perfect sense, since delicate, golden tones of peach, coral and especially yellow—layered in various shades at left and right—are feminine, flattering and altogether irresistible.

Photos, Mark Bugzester. Hair, Maury Hopson for Louis Licari; makeup, Vincent Longo for Pierre Michel. Left: polo sweater, The Gap; cable sweater around hips, Adrienne Vittadini; cardigan, Michael Kors; skirt, Anne Klein II; belt, Hermès; scarf, Honey Collection. Right: sweater, Malo; ribbed sweater and trousers, Adrienne Vittadini. Model, Jasmine of Elite. All makeup, right, L'Oréal. Details, page 224.





According to makeup pro Vincent Longo, "Women no longer wear particular makeup colors for each season, so soft shades are simply another option"—an option we think is well worth trying. This new look still has a defined eye, but the shadow is sun-kissed, not smoky. Stick to the same color family for cheeks and lips but keep the formulas creamy and sheer, not matte. Two rules to remember: Create a defined, arched brow (to keep the look sophisticated, not sweet), and line lips with a natural-color liner when wearing pale lipstick so lips don't disappear.

Left: cardigan, Ballantyne; scarf, Honey Collection; bag, Charles Jourdan. All makeup, Cover Girl.

soft FOCUS

The pastel clothes to wear now are unlike any from past seasons: The colors have golden tones (no more baby blue or bubble-gum pink), and they make skin positively glow. The big color to try is yellow in diluted tones of butter and banana. Blending shades of peach, melon and coral in contrasting textures is another pretty option. So take a break from red lips and somber black clothes. The new pastels are a spring fling with staying power.

Right: sweaters, Malo; jeans, Byblos; shoes, Robert Clergerie; scarf, Gucci; bracelet, Margaret Ellis; rings, Patti Horn.



NEVER have another BAD HAIRCUT

We sent six women with different hair types to six different NYC salons—three cheap, three pricey—for blunt cuts to see if there really is a difference between expensive and budget haircuts. Though they all liked their cuts, our hair pro Gad Cohen was more critical. Here, he evaluates each cut and tells how to get a great haircut no matter what you pay



BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR







Salon: Frederic Fekkai
Price: $110
Client: Kristine Welker

KRIS'S EXPERIENCE "Now *this* is a fancy salon. A senior stylist assessed my hair while dry, and we discussed what I wanted—a blunt cut, two inches shorter. The stylist told me he couldn't get the cut crisp enough—but he would at my next visit. I thought this was odd, but I liked the cut anyway." **GAD'S EVALUATION** "Straight hair like Kris's is the hardest to cut—you can't hide any mistakes! And this cut has lots of them. One side of Kris's hair was longer than the other, and the two sides were cut differently—one nearly beveled, the other ragged. There are also fried ends around her face that should have been cleaned up. The stylist should have done *fake layering*—minimal layering that gives hair crisp shape with hidden volume. For over $100, your haircut should be great."

The best test for a great blunt cut: No matter where you part it, hair should fall in a clean, crisp line

Straight HAIR

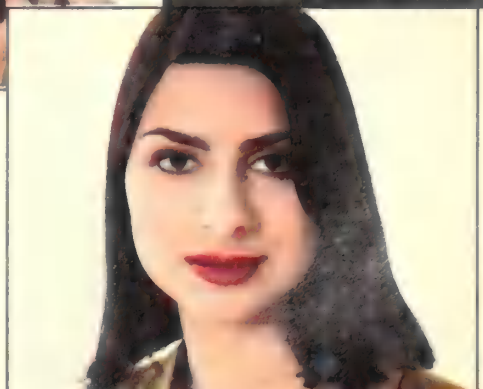




Salon: Salon Ziba
Price: $29.20
Client: Mandana Massiha

MANDANA'S EXPERIENCE "This salon is very impersonal. They ask you to put on a robe as soon as you walk in, so the stylist never sees you in your street clothes. I waited an hour and a half—no appointments here. The stylist cut my hair while wet and finished the look with clippers." **GAD'S EVALUATION** "I knew immediately that Mandana's hair was cut by an inexperienced stylist. The giveaway? Uneven ends, the cut lacks polish. It was obvious that the stylist used clippers—*never* let a stylist use electric clippers on long hair or blunt cuts! Clippers are meant for short, boyish cuts. Another bad-cut clue: The growing-out bangs section was left unblended. The stylist should have subtly angled the bangs so they fade gradually into the hair, allowing the bangs to grow out naturally, not obviously."





Makeup, Linda Mason for Linda Mason Elements. Kristine, sweaters, Malo; Alix, sweater, Malo; jacket, Sonia Rykiel; Lynn, sweater, Malo; jacket, Phillipe Adec; Jodi, shirt and jacket, Matsuda; Allison, shirt, Equipment; scarf, Hermes; Mandana, bodysuit, Tapemeasure, jacket, Phillipe Adec.



Salon: Bruno Pittini
Price: $150
Client: Lynn Prowitt



LYNN'S EXPERIENCE
"The salon was impressive—I had a team of assistants that did everything but the cut. Bruno himself cut my hair . . . in two minutes! It was so fast I couldn't believe it. But I love the cut. It's sophisticated but simple." **GAD'S EVALUATION** "Now *this* is a great cut. It's sharp at the bottom—no matter how you part it, it falls right. Wavy hair is the easiest to cut. It has natural body and often self-styles into an S-wave. A stylist's mistakes can be hidden with this kind of hair, though this cut is perfect. The only thing I'd suggest is that Lynn occasionally alternate her part. When she parts on her usual side, the top is flatter. When she changes sides, the look is fuller, more nineties. Also, Lynn has a cowlick, which her stylist respected. A stylist must be able to work with cowlicks—not try to change them. It's something the stylist should bring up during a consultation."



wavy HAIR

SALON SMARTS

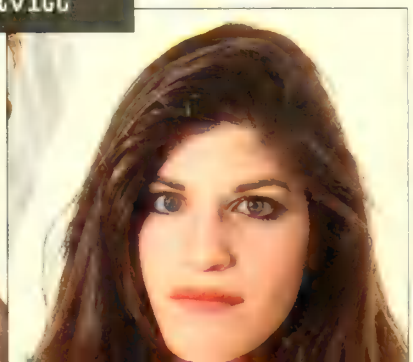
- *Since I thought only one out of these six cuts was superior, it's obvious that an expensive salon doesn't guarantee a great haircut. So don't judge a salon by its prices; you can get a good cut at any price range if you choose an experienced stylist. Ask for a stylist who specializes in or has a lot of clients with your type of hair.*
- *Never judge a haircut by how long it takes. A top stylist can do a remarkable cut in under five minutes. More time should be spent discussing your hair than doing the actual cut.*
- *Be sure your stylist carefully checks your cut after it's dried. A good stylist will assess a cut while a client is both sitting and standing.*
- *Never cross your legs during a haircut. It throws the spine off so your hair doesn't fall evenly.*
- *If you have a special request—you like your part on the left side or you want to hide your ears because they stick out—tell your stylist.*
- *The best cuts last three months. If yours doesn't, find a new stylist.*

JODI'S EXPERIENCE
The salon was very busy. The stylist asked me what I wanted while I was still in my street clothes, so he had some idea of my style. I was happy with the cut, and the price was right." **GAD'S EVALUATION** "Jodi was wearing a hairband to keep her thick hair off her face—a clue that her cut wasn't quite right. When she removed the band I saw that the ends were straggly. When wavy hair is blunt-cut, the ends of the top layer should be a bit shorter than the middle-layer ends, which should be a bit longer than the bottom-layer ends. It's what I call diamond-cut ends—the ends are layered in a subtle diamond shape to give the cut movement. Also, since Jodi has a low forehead, the stylist should have done a *slide-cut* [sliced tiny pieces of hair around the face to create a C shape] to keep hair from falling in her face."

Salon: T'sers
Price: $22.50
Client: Jodi Lavitt

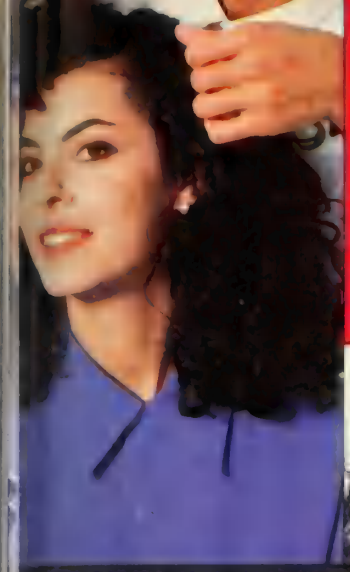






When to go cheap, when to go pricey

There are times when it makes sense to get a $20 cut, and times when you need the expertise of a high-end salon. Go to a low-cost salon: to trim hair an inch or just maintain a current style; to get a wash and blow-dry, or a conditioning treatment; to get bangs trimmed; or to get a special evening look, like a chignon. Go to a high-end salon: when you want a major hair change; for haircolor or a perm; or for treatment of damaged hair.





Salon: Jean Louis David
Price: $25.50
Client: Allison Bloom

ALLISON'S EXPERIENCE

The stylist never discussed the cut with me. I said I wanted a blunt cut—about two inches shorter—but we didn't talk about my hair." **GAD'S EVALUATION** The stylist didn't have a clue how to cut thick, curly hair. I know this isn't a quality cut because there are too many things going on here. Allison's hair is too layered for a blunt cut—short on top, too round. It's choppy, messy, hard to control. This kind of hair should either be all one medium-to-long length *or* very short and layered. Very curly hair needs more weight on top to remove the roundness and strategic layers to remove any flatness. You shouldn't be aware of the layers—in this case, you are. When I cut curly hair I remind my clients that it's most important to emphasize the curl. You want to avoid frizziness. A lesson in hair care and products is essential. Curly hair is difficult to deal with and requires a stylist who specializes in that type of hair."

Salon: Jacques Dessange
Price: $80
Client: Alix Gili



ALIX'S EXPERIENCE

My cut took only about fifteen minutes, and the stylist did communicate with me. He listened to what I wanted, told me what he was going to do. The same person cut and dried my hair. I thought he did a good job."

GAD'S EVALUATION "Alix's cut is balanced, and the hair is distributed evenly for the texture. I like the cut—the bangs are a little too short, but the line is good. I hope Alix's stylist talked to her about moisturizing her hair. Since her hair is colored, her naturally dry hair is even drier. Moisturizing products give dry hair a healthy, rich, glossy look—and help avoid the frizzies."



curly HAIR



The great outdoors gets top billing at this year's New American Home in Las Vegas. In the family room, furnishings in hues of terra cotta, sage and sand reflect the surrounding desert

THE NEW AMERICAN HOME 1993



Designed to meet the diverse demands of everyday family life, this year's dream house makes the most of space, sunlight and the latest in technology.

By Leslie Lampert, Lifestyle Editor

For the second successful year, LHJ teamed up with *Builder Magazine*, *Popular Science* and *Home Mechanix* to design, build and decorate The New American Home, the housing industry's cutting-edge model dwelling, featuring the latest trends and products in home design.

In conjunction with The National *(continued)*

All photos, Michael Luppino. Furnishings and accessories (unless otherwise specified), 1993 Spiegel Catalog; sofa, loveseat, wing chair, end table with drawer, La-Z-Boy Chair Company; flooring, American Olean; coffee table, basket, white vase, birdhouse and plate, Pier 1 Imports; silk trees and plants, Plantworks; Andersen windows; paint, Sherwin Williams; all fabric protected by 3M Scotchgard.







(continued) Association of Home Builders, we spent most of last year putting together the top players responsible for creating this year's best-ever showhouse. And as you'll see on these pages and in next month's issue, our efforts were well worth it.

This year, builder Lewis Homes of Nevada paired up with Los Angeles architects Johannes Van Tilburg & Partners to create a contemporary but cozy 3,000-square-foot home on a 7,900-square-foot lot in the Summerlin community of Las Vegas. The result: a Mediterranean-style house that combines today's most-wanted open spaces with surprises of country comfort throughout.

Boasting four bedrooms (including a granny/nanny suite), a built-in office outside the master *(continued)*

The dining room, above, dishes up a California-country feel, and offers a panoramic view of the mountains. Our design team calls this room the gathering space: When not in use for mealtime, it's where the family convenes for just about anything that requires a table and chairs. The bold striped cloth, made from Trevira FR flame-resistant fabric, reflects the desert colors; the built-in hutch displays china and collectibles for a warm, lived-in look.

Living room: furnishings (unless otherwise specified), 1993 Spiegel Catalog; sofa, La-Z-Boy Chair Company; wallhanging, basket, decorative urns, coffee table, lacquer box and bowls, bamboo chair, Pier 1 Imports; Andersen windows; paint, Sherwin Williams; silk trees and plants, Plantworks; all fabric protected by 3M Scotchgard; Hoechst-Celanese Corporation XPS carpet of Trevira. Dining room: furnishings and accessories (unless otherwise specified), 1993 Spiegel Catalog; McConnell Cabinets; Andersen windows; paint, Sherwin Williams; flooring, American Olean; plants, Plantworks; Duette window shades, Hunter Douglas; tablecloth fabric, P. Kaufman; chandelier lampshades, Ballard Designs. For more information, turn to page 224.



The breakfast nook, top, offers the feel of terrace dining thanks to the bank of windows that overlooks the backyard. Here, again, the contemporary scheme gets a fresh twist with a fruit-themed table skirt and country-style ladder-back chairs.

(continued) suite and a computer center in the children's suite, this 1993 dream house meets the needs of today's families.

When New York designers Michael Foster and Charles Riley began defining the home's interiors, their mission was to choose the most current furnishings, accessories and appliances, while paying respect to the natural environment.

"We wanted to soften the modern spaces [characterized by an open floor plan and soaring ceilings] with muted tones and natural surfaces—like wood, iron, wicker and stone—for a look that's streamlined but warm and inviting," says Foster.

So the design team went to work to find pieces evocative of nature's textures and colors, and placed them against a palette of soothing pale walls for a fresh approach to bringing the outdoors *(continued)*

Furnishings (unless otherwise specified), 1993 Spiegel Catalog; major appliances and mixer, KitchenAid; sink, faucet and soap dispenser, Moen; garbage disposal and hot-water dispenser, Insinkerator; countertops, Gibraltar by WilsonArt; cabinets, Merillat Industries, Inc.; tile, American Olean; Andersen windows; paint, Sherwin Williams; small appliances, Black & Decker; pitcher, vases, glass jars and fruit stand, Pier 1 Imports; silk plants, Plantworks. For more information, turn to page 224.





Off the guest bedroom is a large bathroom that's specially designed for older adults with limited mobility. The tub, by Kohler, features a door for easy access and a hand-held shower.

(continued) in. Their sources: The Spiegel 1993 Catalog, La-Z-Boy Chair Company, Sauder Woodworking and Pier 1 Imports.

Since today's families tend to entertain in the kitchen and surrounding family-room area, the architects purposely designed a small-scale living room to be used as an intimate parlor setting, and appointed the larger spaces to the family room. But this living room is not just for company: Foster and Riley wanted to offer today's family another location to read and relax, so they paired a striped sofa in neutral tones with weightier black-and-cream plaid chairs to give the room a substantial but cozy feel. Though the floor area is limited, ceiling-high windows create the illusion of a lofty space by opening up *(continued)*

All furnishings (unless otherwise specified), 1993 Spiegel catalog; chair, La-Z Boy Chair Company; Hoechst-Celanese Corporation XPS Carpet of Trevira; curtains, and pillow on chair, Trevira FR flame-resistant fabric; Andersen windows; paint, Sherwin Williams; all fabric protected by 3M Scotchgard.

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Six Great New Recipes



...acy Asparagus

Golden Corn Stuffing Bake

Campbell's. Recipes

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Saucy Asparagus

PREP TIME: 10 MIN. **COOK TIME: 15 MIN.**

- 1 can (10 3/4 oz.) Campbell's NEW Cream of Asparagus Soup
- 2 tbsp. milk
- 2 pkg. (10 oz. *each*) frozen asparagus cuts *or* 1 1/2 lb. fresh asparagus spears (about 24 to 30), trimmed and cut into 1" pieces

1. In 2-qt. saucepan over medium heat, combine soup and milk. Heat to boiling, stirring often.
2. Add asparagus. Cover; cook over low heat 10 min. or until asparagus is tender, stirring occasionally. Serve with grated Parmesan cheese if desired. 8 servings.



Crispy Chicken with Asparagus Sauce

PREP TIME: 10 MIN. **COOK TIME: 20 MIN.**

- 4 skinless, boneless chicken breast halves *or* 8 boneless chicken thighs
- 1 egg *or* 2 egg whites, beaten
- 1/2 cup dry bread crumbs
- 2 tbsp. vegetable oil
- 1 can (10 3/4 oz.) Campbell's NEW Cream of Asparagus Soup
- 1/3 cup *each* milk *and* water
- Hot cooked rice with chopped parsley

1. In pie plate, dip chicken into egg; coat with bread crumbs.
2. In skillet over medium-low heat, in hot oil, cook chicken 15 min. or until browned on both sides and no longer pink. Remove; keep warm.
3. In same skillet over low heat, combine soup, milk and water. Heat through, stirring occasionally. Spoon soup mixture over chicken. Serve with rice. 4 servings.



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Corn Vegetable Medley

PREP TIME: 10 MIN. **COOK TIME: 25 MIN.**

- 1 can (10 3/4 oz.) Campbell's NEW Golden Corn Soup
- 1/2 cup milk
- 2 cups broccoli flowerets
- 1 cup sliced carrots
- 1 cup cauliflowerets
- 1/2 cup shredded Cheddar cheese (optional)

1. In saucepan, heat soup and milk to boiling, stirring often. Stir in vegetables.
2. Return to boiling. Cover; cook over low heat 20 min. or until vegetables are tender, stirring often. Stir in cheese. Heat through. 6 servings.

If desired, substitute 1 bag (16 oz.) frozen broccoli, carrots and cauliflower for fresh vegetables. Reduce cooking time to 15 min.



Golden Corn Stuffing Bake

PREP TIME: 10 MIN. **COOK TIME: 25 MIN.**

- 1 can (10 3/4 oz.) Campbell's NEW Golden Corn Soup
- 1/4 cup *each* finely chopped celery and onion
- 1 1/2 cups Pepperidge Farm Herb Seasoned *or* Cubed Herb Seasoned Stuffing
- 4 skinless, boneless chicken breast halves
- 1 tbsp. packed brown sugar
- 1 tbsp. margarine, melted
- 1 tsp. spicy brown mustard

1. Combine soup, celery, onion and stuffing. In 9" greased pie plate, spoon stuffing mixture. Arrange chicken over stuffing mixture; press lightly into stuffing.
2. Combine sugar, margarine and mustard; spread evenly over chicken.
3. Bake at 400°F. 25 min. or until chicken is no longer pink. Garnish with fresh sage if desired. 4 servings.





Savory Pot Roast

PREP TIME: 5 MIN. **COOK TIME: 3 HR.**

- 2 tbsp. vegetable oil
- 3 1/2 to 4 lb. beef round *or* chuck pot roast
- 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup
- 1 pouch Campbell's® Dry Onion Quality Soup and Recipe Mix
- 1 1/4 cups water
- 6 medium potatoes, quartered (about 5 1/2 cups)
- 6 carrots, cut into 2" pieces
- 2 tbsp. all-purpose flour

1. In 6-qt. saucepot, in hot oil, brown roast on all sides. Spoon off fat.
2. Stir in mushroom soup, onion soup mix and *1 cup* water. Reduce heat to low. Cover; cook 2 hr. Add vegetables. Cover; cook 45 min. or until roast and vegetables are fork-tender.
3. Remove roast and vegetables. Stir together flour and remaining *1/4 cup* water until smooth. Gradually stir into soup mixture. Cook until mixture boils and thickens, stirring constantly. Garnish with fresh parsley if desired. 8 servings.



Cheddar Baked Potato Slices

PREP TIME: 10 MIN. **COOK TIME: 55 MIN.**

- 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup
- 1/2 tsp. paprika
- 1/2 tsp. pepper
- 4 medium baking potatoes, cut into 1/4" slices (about 4 cups)
- 1 cup shredded Cheddar cheese

1. In small bowl, combine soup, paprika and pepper.
2. In greased 2-qt. oblong baking dish, arrange potatoes in overlapping rows. Sprinkle with cheese; spoon soup mixture over cheese.
3. Cover with foil; bake at 400°F. 45 min. Uncover; bake 10 min. or until potatoes are fork-tender. 6 servings.



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(continued) a whole wall to the outside, lending lightness to a serious room.

To maximize natural sunlight as well as the beauty of the windows in all of the rooms, Foster and Riley used translucent shades that virtually disappear when raised. Earthy accessories—including the rattan coffee table and sun wallhanging above the mantel—contribute to the mix of textures. A deep-cranberry area rug anchors the arrangement.

The kitchen successfully incorporates the naturals into an up-to-the-minute setting by combining whitewashed wood cabinetry with stainless-steel-edged, state-of-the-art appliances. Marble-look, scratchproof countertops are the choice for family cooks who want low-maintenance, high-performance surfaces for chopping and prepping. And the gray-and-white checkerboard tile backsplash adds a graphic shot of style.

Behind the staircase, a guest bedroom, designed in this house to be the granny/nanny suite, offers privacy and ground-floor access for a live-in grandparent, baby-sitter, visiting in-laws or weekend guests. Located away from the family spaces, the suite boasts its own spacious bathroom, and has a sliding glass door that leads to the pool area.

In this room, nature finds its way into the decor with a burst of flowers on the bedding. The romantic canopy bed, traditional armoire and ivory wing chair bespeak old-fashioned charm while providing twentieth-century comfort.

To unify the house, the designers chose to run the tile flooring throughout, creating a series of flowing spaces that relate to one another. "As a result," says Riley, "the space seems larger than its actual three thousand square feet, and the house has a sense of continuity."

We hope The New American Home has inspired some ideas for your own dream house. Next month, we'll take you on a tour of the bedrooms, bathrooms and leisure spaces, where you'll find great tips and information on the latest trends in upstairs living. ■

MAKE-IT-EASY CHICKEN MEXICAN CHICKEN ITALIAN CHICKEN CHICKEN RATATOUILLE

SOUTHERN STYLE CHICKEN HARVEST CC

EASY STUFFED CHICKEN

CHICKEN WITH PEPPERS AND BEANS

ITALIAN CHICKEN

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ITALIAN CHICKEN

1 Reynolds Oven Cooking Bag, large size (14" x 20")
2 tablespoons flour
1 (14 oz.) jar of your favorite spaghetti sauce
4 bone-in chicken breast halves, skin removed
1 medium green pepper, coarsely chopped
1 (8 oz.) pkg. of your favorite pasta, cooked

Preheat oven to 350°F. Shake flour in bag; place in 13x9x2-inch baking pan. Add spaghetti sauce to bag. Squeeze bag to blend ingredients. Add chicken and green pepper to bag. Turn bag to coat chicken with sauce. Arrange chicken in even layer. Close bag with nylon tie; cut 6 half-inch slits in top. Bake until tender, 35 to 40 minutes. Serve over hot pasta. VARIATION: For 4 skinless, boneless chicken breast halves, subtract 10 minutes. For 8 skinless chicken pieces, add 10 minutes. Serves 4. Per serving: 386 calories, 7 grams fat (17% total calories).

REAL COOKING. WHY MAKE IT TOUGH?



CHICKEN THIGHS WITH VEGETABLE STUFFING EASY CHICKEN

FOOD JOURNAL

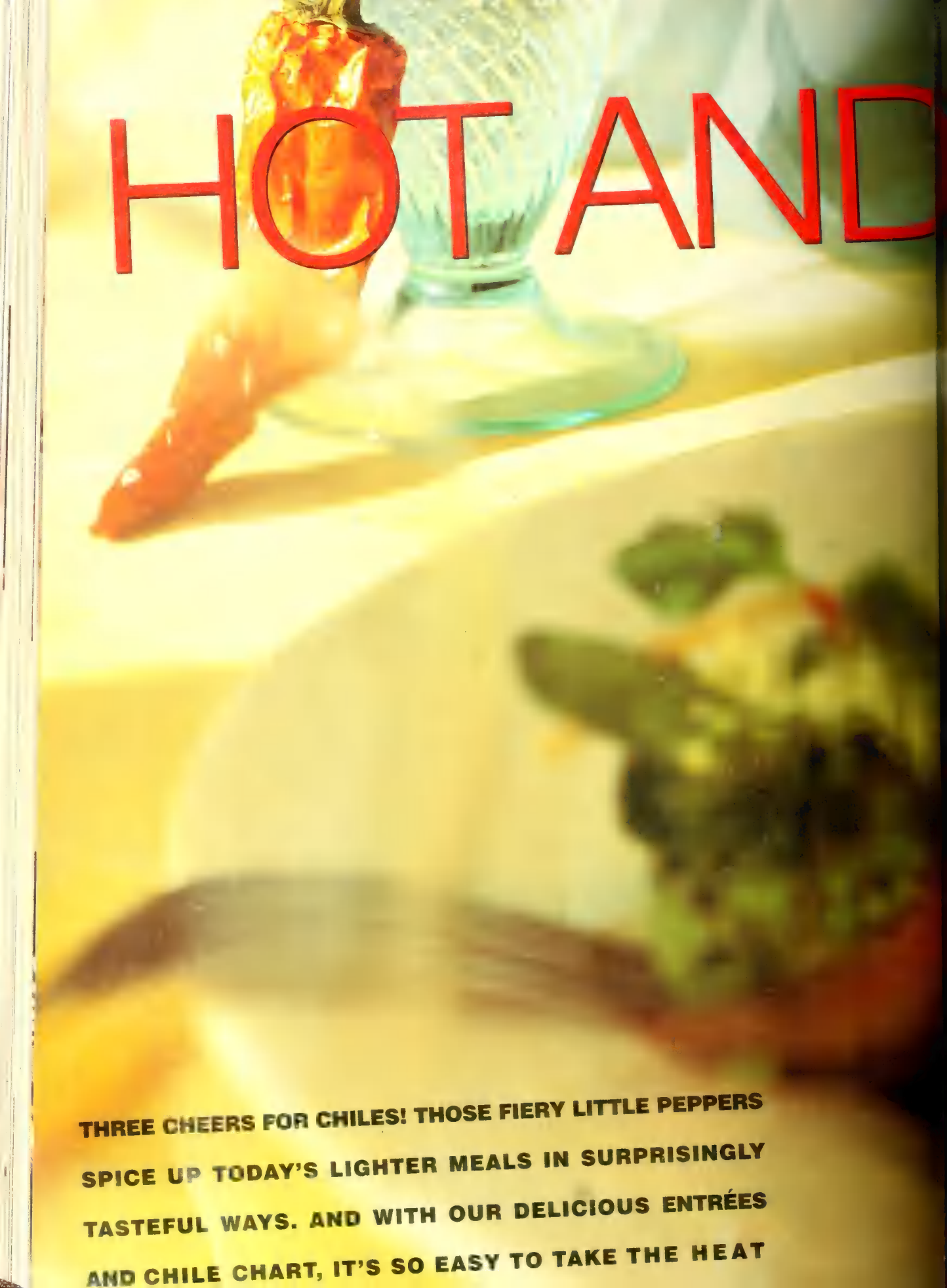
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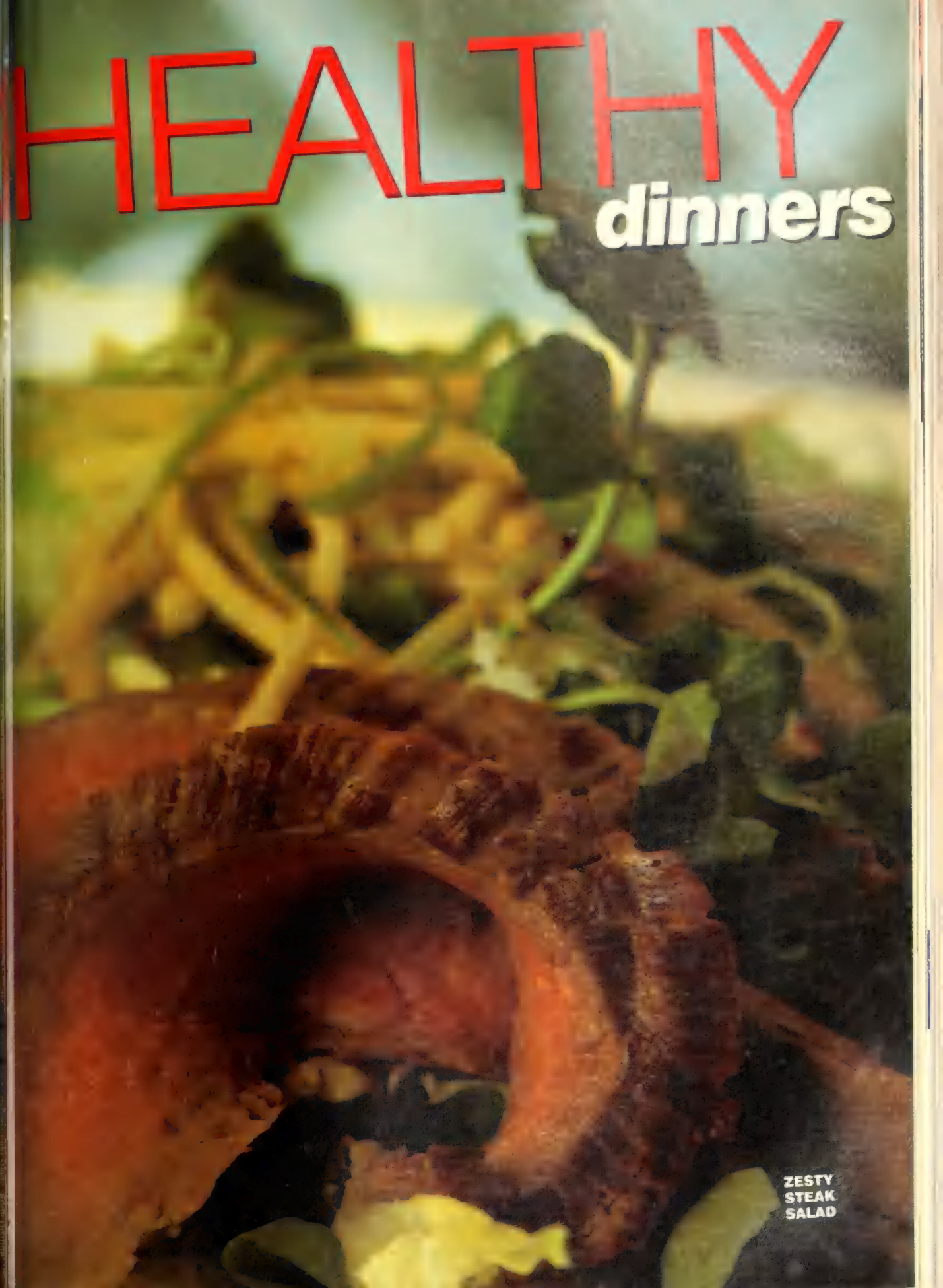
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HOT AND

THREE CHEERS FOR CHILES! THOSE FIERY LITTLE PEPPERS SPICE UP TODAY'S LIGHTER MEALS IN SURPRISINGLY TASTEFUL WAYS. AND WITH OUR DELICIOUS ENTRÉES AND CHILE CHART, IT'S SO EASY TO TAKE THE HEAT

HEALTHY dinners



○ Easy ● Challenging ▼ Low-fat
Moderate Ⓜ Microwave ▽ Low-calorie

SNAPPER WITH CILANTRO SAUCE



To fully enjoy the intense flavor of the cilantro-pepper sauce, we cooked the fish and sauce together.
Prep time: 15 minutes ▼▽○
Cooking time: 10 minutes

Cilantro Sauce
- 3 cups loosely packed fresh cilantro leaves
- 1/3 cup water
- 4 teaspoons fresh lime juice
- 4 fresh Thai red or green chiles, seeded and chopped*
- 1/4 teaspoon salt
- Pinch sugar

4 red snapper, flounder, sole or orange roughy fillets (4 oz. each)
Salt

Cilantro Sauce: Combine ingredients in blender; puree until smooth. Makes 3/4 cup.

Preheat oven to 400°F. Lightly oil 4 squares of foil or parchment paper. Place fish on foil. Sprinkle lightly with salt; spread 2 teaspoons Cilantro Sauce on each fillet. Fold foil up around fish and crimp edges to seal; place on cookie sheet and bake 10 minutes. Serve fish with additional sauce. Makes 4 servings.

*Thai chiles are available in Asian markets.

Per serving with 1 T. sauce		Daily goal
Calories	135	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	42 mg	300 mg or less
Sodium	348 mg	2,400 mg or less
Carbohydrates	2 g	250 g or more
Protein	24 g	55 g to 90 g

PORK AND GREEN CHILE STEW



For this flavorful stew, you don't sauté the meat—and you'll never miss the extra fat.
Prep time: 35 minutes ▼▽○
Cooking time: 2 hours 20 minutes

- 4 fresh poblano chiles or 2 green peppers
- 1 tablespoon minced garlic
- Salt
- 1 1/2 pounds trimmed boneless lean pork shoulder, cut into 1 1/2-inch cubes
- 3 cups finely chopped onions
- 1/4 cup minced fresh jalapeño chiles
- 1/2 teaspoon oregano
- 1 1/2 pounds red new potatoes, quartered
- 1/2 cup chopped fresh cilantro
- 3 zucchini, halved lengthwise and sliced 1/2 inch thick
- 1 package (10 oz.) frozen whole kernel corn, thawed
- Lime wedges, for garnish

Preheat broiler. Roast poblanos on broiler pan 5 inches from heat 25 minutes, turning every 5 minutes, or until skin is charred. Cover and cool. Peel skin from chiles, discard seeds and coarsely chop.

Preheat oven to 325°F. Crush garlic with 1 teaspoon salt to make a paste. Combine with poblanos, pork, onions, jalapeños and oregano in Dutch oven. Cover and cook in oven 1 1/2 hours.

Add potatoes and chopped cilantro to Dutch oven; cover and cook 30 minutes. Stir in zucchini, corn and 1/2 teaspoon salt; cook until vegetables are tender, 20 minutes more. Garnish with limes. Makes 10 cups.

Per cup		Daily goal
Calories	225	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	46 mg	300 mg or less
Sodium	394 mg	2,400 mg or less
Carbohydrates	28 g	250 g or more
Protein	17 g	55 g to 90 g

VEGETARIAN CHILI



The smoky flavor of this robust, meatless chili comes from the chipotle chiles, jalapeños that have been smoked.
Prep time: 30 minutes plus soaking ○
Cooking time: 1 3/4 hours

- 1 1/2 cups dried black beans
- 1 1/2 cups dried small red beans
- 2 dried pasilla or ancho chiles
- 2 dried chipotle chiles or 1 can (7 oz.) chipotle chiles in adobo*
- 1 tablespoon vegetable oil
- 3 cups chopped onions
- 1 green and 1 red pepper, diced
- 1 tablespoon cumin
- 1 tablespoon minced garlic
- 2 whole dried de arbol* or serrano chiles
- 1 can (14 oz.) tomatoes, chopped
- 1 large butternut squash, peeled and cut into 3/4-inch dice (5 cups)
- 1 tablespoon salt
- 1 package (10 oz.) frozen lima bea
- Plain yogurt, lime wedges, flour tor

Soak beans in water to cover by 2 in large saucepan overnight. Drain

Heat cast-iron skillet over medi heat. Remove stems and seeds fro la chiles and dried chipotle, if using chiles, turning, until fragrant and 2 minutes. Transfer to blender w cup boiling water; puree. Set aside

For chipotles in adobo, puree i blender until smooth. Reserve 2 spoons; refrigerate remaining for oth

Heat oil in large Dutch oven ove um-high heat. Add onions and p cook 10 minutes. Stir in cumin, ga de arbol chiles; cook 30 second drained beans, pasilla puree, re chipotle-in-adobo puree (if usin 6 1/2 cups water. Bring to boil, cov simmer until almost tender, 1 hour.

Stir in tomatoes and their liquid, and salt. Return to boil; reduce hea er and cook 10 minutes. Add lima and cook 20 minutes more. Remo arbol chiles. Serve with dollops of lime wedges and tortillas. Makes 15

*Dried and canned chiles can be ordered fr Hotta Mo-Betta, 800-462-3220.

Per cup with 1 tortilla		Daily goal
Calories	365	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g o
Saturated fat	1 g	20 g or less (F); 23 g o
Cholesterol	2 mg	300 mg or less
Sodium	797 mg	2,400 mg or less
Carbohydrates	70 g	250 g or more
Protein	17 g	55 g to 90 g

PACIFIC RIM CHICKEN



Thai cooking makes the most of thre gredients: chiles for heat, lemon gra citrus flavor and mint or basil for fresh
Prep time: 35 minutes ▼○
Cooking time: 13 minutes

- 3 teaspoons vegetable oil, divided
- 1 tablespoon minced lemon grass
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger
- 4 fresh Thai red or green chiles, seed and sliced thin, or 1 teaspoon re pepper flakes
- 1 pound boneless, skinless chicken br sliced into 1/2-inch strips
- 2 cups green onions, in 2-inch pieces
- 1/2 teaspoon salt
- 1/2 pound green beans, halved
- 2 cups julienned carrots
- 1 cup chicken broth
- 1/2 cup chopped fresh mint or basil le
- 3 cups cooked rice

Heat 2 teaspoons oil over *(contin*



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high heat in large nonstick skillet. Add lemon grass, garlic, ginger and chiles; cook 15 seconds. Add chicken and green onions; sprinkle with salt. Cook, stirring, until golden, 3 to 5 minutes. Transfer to plate.

Add remaining teaspoon oil to skillet. Add beans and carrots; cook, stirring, 1 minute. Add broth; cook until vegetables are tender, 3 to 5 minutes more. Return chicken mixture to skillet; heat through. Transfer to serving dish and sprinkle with mint. Serve with rice. Makes 4 servings.

Per serving		Daily goal
Calories	420	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	66 mg	300 mg or less
Sodium	599 mg	2,400 mg or less
Carbohydrates	57 g	250 g or more
Protein	33 g	55 g to 90 g

PASTA ARRABBIATA

Fastest recipe of the month *This simple, speedy pasta gets its kick from red pepper flakes.*
Prep time: 15 minutes ▼○
Cooking time: 22 minutes

1 tablespoon olive oil
1/2 cup finely chopped onion
1 tablespoon minced garlic
1 teaspoon red pepper flakes
1/2 teaspoon salt
1 can (28 oz.) tomatoes, chopped
1 pound linguine, cooked
1/4 cup chopped fresh parsley

Heat oil in large skillet over medium heat. Add onion; cook 5 minutes. Stir in garlic, red pepper flakes and salt; cook 30 seconds. Add tomatoes and their liquid; cook 15 minutes. Toss with pasta and parsley in large serving bowl. Makes 4 servings.

Per serving		Daily goal
Calories	505	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	607 mg	2,400 mg or less
Carbohydrates	96 g	250 g or more
Protein	17 g	55 g to 90 g

ZESTY STEAK SALAD

The subtle spiciness in this Japanese-inspired entrée comes from pepper flakes, wasabi powder (similar in taste to fresh horseradish) and fresh ginger.
Prep time: 35 minutes ▽○
Cooking time: 10 minutes

1 tablespoon soy sauce
1 teaspoon red pepper flakes
1 pound beef flank steak
1/4 pound snow peas, trimmed

Wasabi Dressing
1/4 cup rice vinegar
2 tablespoons vegetable oil
1 tablespoon wasabi powder*
1 tablespoon soy sauce
1 tablespoon grated fresh ginger
1 teaspoon salt
1/2 teaspoon minced garlic
1/4 teaspoon freshly ground pepp

2 cups shredded daikon radish or re radishes
6 cups thinly sliced romaine lettuce
6 cups thinly sliced Napa cabbage
2 cups trimmed watercress
1 cup sliced red radishes
1/2 cup julienned green onions

Prepare grill or preheat broiler. Co soy sauce and pepper flakes in pie Add steak, turning to coat. Grill 5 m per side. Let stand 5 minutes. Slic thin diagonally. Cook snow peas in b water 30 seconds; rinse. Halve diago

Wasabi Dressing: Puree ingredie blender. Transfer to large bowl.

Add all the vegetables to dressin toss to coat. Spoon onto plates an with sliced steak. Makes 6 servings.

*Wasabi powder is available in Asian market mail from Mo-Hotta Mo-Betta, 800-462-3220

Per serving		Daily goal
Calories	215	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or
Saturated fat	4 g	20 g or less (F); 23 g or
Cholesterol	38 mg	300 mg or less
Sodium	792 mg	2,400 mg or less
Carbohydrates	9 g	250 g or more
Protein	18 g	55 g to 90 g

Recipes by Lisa Brainerd.

What's hot?

How can you know which chile is hot enough for you and which is *way* too hot? Here, we use a point scale developed by Mark Miller, chef and author of *The Great Chile Book.* The hottest rates

Fresh chiles



ANAHEIM Also known as the California or long green chile, used for canned green chiles. Usually roasted before using. (**2** to **3**)



POBLANO Very dark green chile (red when fully ripe), usually roasted before using. Often used in chiles rellenos because of its thick flesh. (**3**)



JALAPEÑO The most common chile available in the U.S. Bright to dark green or red (when fully ripe). Use raw or cooked. (**5.5**)



KOREAN Related to the Thai chile. Use raw or cooked. (**6** to **7**)

SERRANO Small chile with a slightly acidic heat. Use raw or cooked. (**7**)



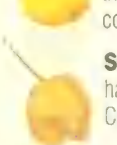
THAI Tiny chile, available either green or red. Used in Thai and other Asian cooking. Use raw or cooked. (**7** to **8**)



CAYENNE Pungent and acidic, related to the de arbol. Most frequently found in its dried ground form. (**8**)



HABAÑERO Thirty to fifty times hotter than the jalapeño. Used in Mexican and Caribbean cooking. Use raw or cooked. (**10**)

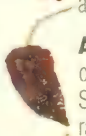


SCOTCH BONNET Lantern-shaped like the habañero. Tropical fruity flavor. Popular in Caribbean cooking. Use raw or cooked. (**10**)

Dried chiles



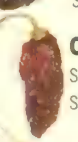
NEW MEXICO Also called the chile colorado. Has sage flavor and is often strung decoratively. Also used crushed and ground. (**2** to **4**)



ANCHO Dried poblano chile, the most commonly used dried chile in Mexico. Slightly sweet flavor, with overtones of raisin and tobacco. (**3** to **5**)



PASILLA Name means "little raisin"; also called chile negro. Most often used in mole sauce. Berry and herbal flavor. (**3** to **5**)



CHIPOTLE Dried smoked jalapeño with sweet flavor. Used in soups, salsas and stews. Also canned in adobo sauce. (**5** to **6**)



DE ARBOL Closely related to the cayenne. Thin-fleshed chile with tannic, smoky, acidic flavor. (**7.5**)



CAYENNE Tart, smoky-flavored chile most available as ground red pepper. Also used whole in soups, sauces and for pickling. (**8**)



THAI RED OR GREEN Small, meaty chile known for its lingering heat and many seeds. (**8**)



HABAÑERO Acidic flavor, scorching heat. (**10**)

Cooling the fire

Every pepper lover has favorite cure for a five-alarm mouth, from drinking water to eatin bread. According to the Taste and Smell Institute, in Washingto D.C., casein, the protei found in dairy products is the most effective antidote. It acts like a detergent, stripping the capsaicin (the chemical compound that is the main source of heat in chiles) from the mouth' nerve receptors. Alcohol increases the absorption of capsaicin, thereby increasing the sensation of heat—so you may wa to serve yogurt, sour cream, cheese, along wit the spicy stuff.

Broiled Teriyaki Chops.



Combine 2 T. teriyaki sauce, 1 T. dark brown sugar and minced green onion and 1 t. lemon juice.



Marinate four, 1 in. thick, boneless pork chops in mixture, in refrigerator, 1-2 hours. Remove, keep marinade.



Place chops on broiler rack. Broil 5-6 in. from heat 12-15 min. Brush with marinade. Turn once.



You'll know they're perfectly cooked when a meat thermometer inserted registers 160°.

When it comes to fat, today's pork cuts it.

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For more pork recipes, send a self-addressed, stamped business-size envelope to: RECIPES-AD, BOX 10383, Des Moines, IA 50306.



The Other White Meat.®

America's Pork Producers

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MOST REQUESTED SPRING meals

Prosciutto and pears
*Pasta Primavera
Crusty bread
Assorted fruit
sorbet with
*Cornmeal Biscotti
*Recipe given

WE'VE MADE ENTERTAINING EASY: THESE TWO ELEGANT PARTY MENUS FEATURE BEST-LOVED ENTRÉES—PASTA PRIMAVERA AND CLASSIC LEG OF LAMB. THEY MAKE THE MOST OF THE SEASON'S FRESH VEGETABLES AND ARE GUARANTEED TO BE A BIG HIT AT YOUR NEXT GATHERING

PASTA PRIMAVERA

Prep time: 40 minutes
Cooking time: 20 minutes

Salt
1 bunch broccoli, trimmed, cut into bite-size florets (about 4 cups)
1 medium zucchini, cut into 1x1/2-inch strips (about 1 1/2 cups)
1 pound asparagus spears, trimmed, cut into thirds
1/2 pound fresh green beans, trimmed, cut into 1-inch pieces
1/4 pound fresh snow peas or sugar snap peas, trimmed
2 tablespoons olive oil, divided
1 teaspoon finely chopped garlic
1/2 teaspoon red pepper flakes
3 cups cherry tomatoes, halved
1/8 teaspoon freshly ground pepper
1 tablespoon chopped fresh basil
1 pound thin spaghetti
2 cups (6 oz.) sliced fresh mushrooms
1/4 cup finely chopped fresh parsley
2 tablespoons butter or margarine
2/3 cup heavy or whipping cream
1 cup freshly grated Parmesan cheese
*1/3 cup pine nuts, toasted**

Bring large pot of water and 1 teaspoon salt to boil; add broccoli and cook 2 to 3 minutes. With slotted spoon, transfer to colander and rinse under cold water; drain. Transfer to large bowl. Repeat with zucchini, asparagus, green beans and snow peas, cooking snow peas only 30 seconds. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*

Heat 1 tablespoon oil in medium saucepan. Add garlic, red pepper, tomatoes, 1/2 teaspoon salt and 1/8 teaspoon pepper. Cook, stirring gently, 4 minutes. Add basil; stir and set aside.

Meanwhile, cook spaghetti in large saucepan according to package directions; drain well and keep warm.

Heat remaining tablespoon oil in large skillet over medium-high heat. Add mushrooms and cook, stirring, 3 minutes. Transfer to bowl with cooked vegetables, then add parsley.

Heat butter in same skillet. Add reserved vegetables, sprinkle with 1/2 teaspoon salt *(continued)*



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(continued) and cook, stirring gently, just until heated through. Add cream, bring to boil. Add spaghetti, and toss quickly to blend. Add Parmesan; toss well to coat.

To serve, top spaghetti with cooked tomatoes and pine nuts. Makes 6 servings.

**To toast pine nuts:* Spread on cookie sheet and bake in 350°F oven 15 minutes.

CORNMEAL BISCOTTI

Prep time: 15 minutes plus cooling
Baking time: 40 to 42 minutes

1 1/3 cups all-purpose flour
1/3 cup sugar
1/3 cup yellow cornmeal
3/4 teaspoon baking powder
1/4 teaspoon baking soda
Pinch salt
3 large egg whites
1/4 cup olive oil
1/2 teaspoon grated lemon peel
1/2 teaspoon vanilla extract
1/3 cup whole natural almonds, chopped
1/3 cup dried tart cherries, dried cranberries or raisins*

Preheat oven to 350°F. Combine flour, sugar, cornmeal, baking powder, baking soda and salt in bowl. Stir in egg whites, oil, lemon peel and vanilla until just combined. Stir in almonds and cherries. Transfer dough to floured surface; divide in half. Roll each half into a 10-inch log about 2 inches in diameter. Place on cookie sheets and bake 30 minutes or until firm.

Cool on wire rack 10 minutes. Slice logs diagonally 1/2 inch thick. Arrange, cut side down, on cookie sheet. Bake 5 to 6 minutes per side, until golden and crisp. Cool on wire rack. Makes 30 cookies.

*Dried tart cherries are available in some supermarkets and from American Spoon Foods. To order, call 800-222-5886.

CREAM OF SPINACH SOUP

Prep time: 10 minutes
Cooking time: 10 minutes

2 packages (10 oz. each) frozen spinach
2 tablespoons chopped onion
1/2 teaspoon salt
1/4 teaspoon nutmeg
1 cup chicken broth
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
2 1/2 cups milk
Grated lemon peel, for garnish

Combine spinach, onion, salt, nutmeg and chicken broth in medium saucepan. Cook according to package directions for spinach. Puree in blender or food processor. Strain, if desired, and set aside.

Melt butter in same pan. With wire whisk, stir in flour and cook, stirring constantly, until smooth and bubbly, about 1 minute. Slowly blend in milk. Bring just to boil, stirring frequently with whisk. Stir in pureed vegetable mixture; heat through. Garnish with lemon peel if desired. Makes 6 cups.

ROAST LAMB WITH MINT PESTO

Prep time: 25 minutes
Cooking time: 1 1/2 hours

2/3 cup chopped fresh mint
1/3 cup plain dry bread crumbs
2 tablespoons toasted pine nuts or almonds, chopped
1 tablespoon olive oil
2 teaspoons minced garlic
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1 boneless leg of lamb (5 1/4–6 lb.), butterflied
1 1/2 cups red wine
1 1/2 cups chicken broth

Combine mint, bread crumbs, pine nuts, oil, garlic, salt and pepper in small bowl. Place lamb, fat side down, on work surface. Spread mint filling evenly over meat. Roll lamb, beginning at one short end, and tie securely with kitchen string at 2-inch intervals. *(Can be made ahead. Wrap in plastic wrap and refrigerate up to 24 hours.)*

One hour before roasting, remove lamb from refrigerator. Remove plastic wrap and place lamb fat side up in roasting pan.

Preheat oven to 450°F. Roast 20 minutes. Reduce heat to 375°F. and roast 40 to 50 minutes more for medium-rare or until internal temperature reaches 140°F. Transfer lamb to warm platter and let stand at least 10 minutes before slicing.

Add wine and broth to roasting pan; cook, scraping up browned bits, until reduced to 2 cups, 10 minutes. Skim fat from pan juices; serve juices with lamb. Makes 8 servings.

ROASTED SPRING ASPARAGUS

Prep time: 5 minutes
Cooking time: 30 minutes

2 to 2 1/2 pounds fresh asparagus, rinsed and trimmed
Salt and freshly ground pepper
4 tablespoons butter or margarine

Preheat oven to 300°F. Place asparagus in one or two layers in shallow baking dish just large enough to hold them. Sprinkle with salt and pepper and dot with butter. Cover tightly with foil and bake 30 minutes. Makes 8 servings.

**Cream of Spinach Soup*
**Roast Lamb with Mint Pesto*
Couscous
**Roasted Spring Asparagus*
Fresh Berries with whipped cream
**Recipe given*

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"Home Sweet Home"... a Bradford Exchange recommendation

agine coming home to this dreamy place. Its large ndows are cheerily lit in welcome. Its front porch ckons you to rest a while and drink in the beauty and nt of a breathtaking front garden.

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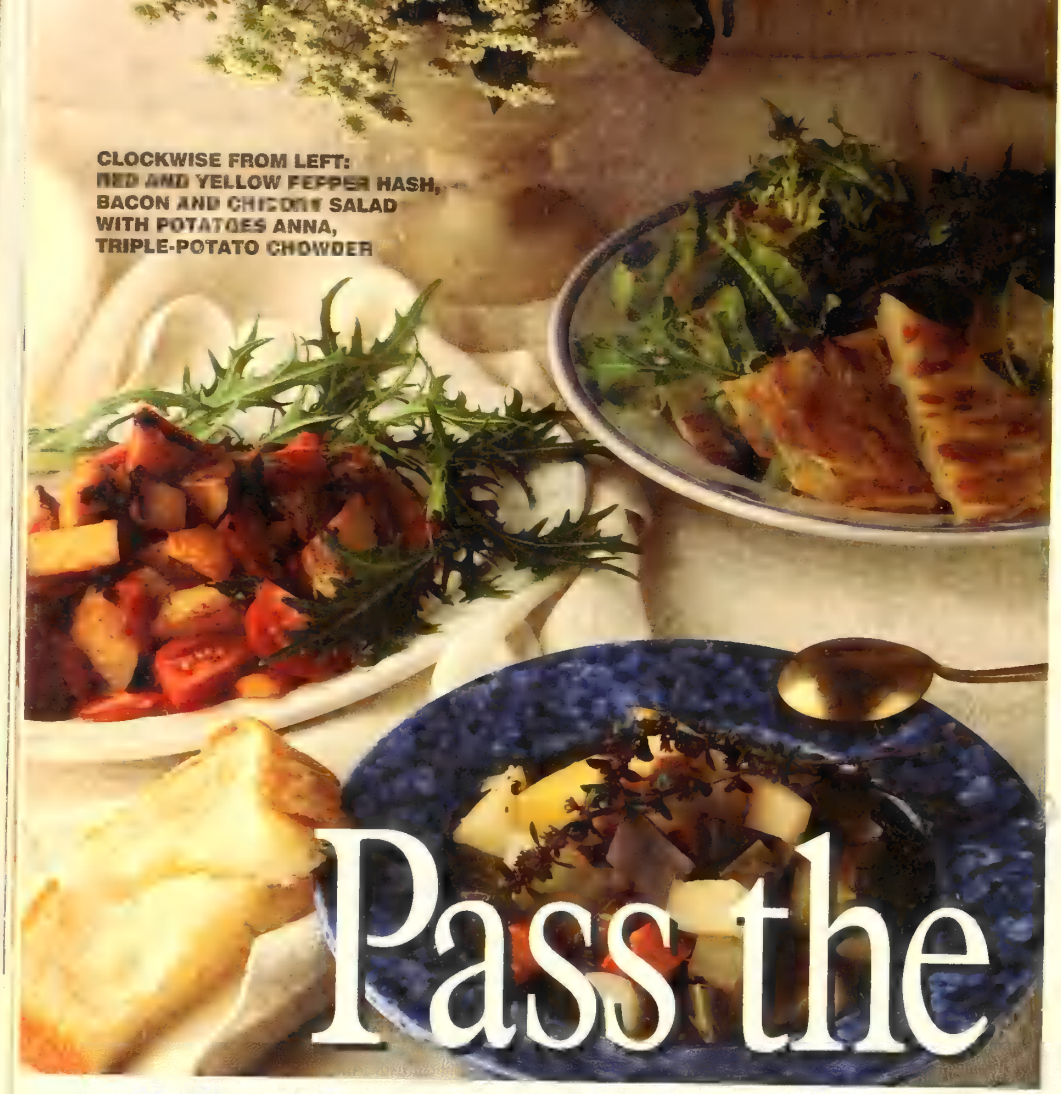
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CLOCKWISE FROM LEFT: RED AND YELLOW PEPPER HASH, BACON AND CHICORY SALAD WITH POTATOES ANNA, TRIPLE-POTATO CHOWDER

Pass the POTATOES!

A PAEAN TO THE POTATO! WE CREATED A HOST OF RECIPES IN PRAISE OF THIS VERSATILE VEGGIE, FROM ELEGANT HORS D'OEUVRES TO FRIES AND OTHER SIMPLE SIDE DISHES. PLAIN OR FANCY, IT'S NO WONDER POTATOES ARE JUST ABOUT EVERYONE'S FAVORITE FOOD

TRIPLE-POTATO CHOWDER

You can make this soup with just one type of potato, but we used three—red, purple and yellow—as a treat for the eye as well as the palate.

Prep time: 35 minutes ▽○

Cooking time: 20 to 25 minutes

2 tablespoons butter or olive oil
1 cup diced, well-rinsed leeks
3/4 cup diced celery
1/2 cup diced carrot
1 teaspoon minced garlic
1 cup each diced unpeeled red new, purple and yellow potatoes
2 cans (13 3/4 or 14 1/2 oz. each) chicken broth plus enough water to equal 4 cups
Pinch thyme
Half of 1 bay leaf
1/4 teaspoon freshly ground pepper
2 tablespoons minced fresh parsley

Melt butter in saucepan over medium heat. Add leeks, celery, carrot and garlic; cook 5 minutes. Add potatoes, broth, thyme, bay leaf and pepper. Bring to boil, reduce heat and simmer, partially covered, until potatoes are tender, 20 to 25 minutes. Remove bay leaf. Stir in parsley. Makes 6 cups.

Per cup		Daily goal
Calories	135	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	10 mg	300 mg or less
Sodium	747 mg	2,400 mg or less
Carbohydrates	18 g	250 g or more
Protein	3 g	55 g to 90 g

RED AND YELLOW PEPPER HASH

Just add a poached egg and you have a great light supper or an inspired brunch. For dinner, serve with roast chicken.

Prep time: 10 minutes ▼▽○

Cooking time: 40 minutes

1 tablespoon butter or margarine
1 cup chopped onions
1 red pepper, diced
1 yellow pepper, diced
1/2 teaspoon fennel seeds, crushed
1 1/2 pounds baking potatoes, diced
1/2 cup chicken broth
3/4 teaspoon salt
1/4 teaspoon freshly ground pepper
Tomato wedges, for granish

Melt butter in 10-inch nonstick skillet over medium heat. Add onions, peppers and fennel seeds; cook until peppers are tender, 10 minutes. Add potatoes, broth, salt and pepper; cook covered 15 minutes. Uncover and cook, stirring occasionally, until liquid is evaporated and potatoes are browned, 15 minutes. Serve with tomato. Makes 6 servings.

Per serving		Daily goal
Calories	130	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	5 mg	300 mg or less
Sodium	401 mg	2,400 mg or less
Carbohydrates	25 g	250 g or more
Protein	3 g	55 g to 90 g

BACON AND CHICORY SALAD WITH POTATOES ANNA

A few simple ingredients *(continued)*



. A. Hormel & Co., 1993

Like most kids, Kristopher is suspicious of food in general, but he particularly dislikes fancy food. Food that you can't tell what it is just by looking at it.

Kristopher can spot fancy food from twelve paces and frequently runs out of the kitchen when he sees it coming.



He is also not above feeding it to his dog, Barney, while his mother is distracted. That's why potatoes make good sense to Kristopher. They taste good and they're not too strange.

His mother tells him they are a fresh vegetable but he knows she is probably lying.

Kristopher likes potatoes and video games, and that's about it at this point.

...tinued) *can make a regal meal. ...key is cutting the potatoes into ...n slices.*

...p time: 40 minutes
...king time: 25 minutes

...toes Anna (recipe follows)

...e Dressing
... tablespoon bottled olive paste
... tablespoon water
.../4 teaspoon fresh lemon juice

...ps torn chicory
...ps torn romaine lettuce
...ps trimmed watercress
...ces bacon, diced
...blespoons red wine vinegar
...blespoon olive oil
... and freshly ground pepper

...e Dressing: Combine olive paste, wa... ...nd lemon juice in bowl; set aside.



...ICE-BAKED ...TATOES

...ombine greens in large bowl. Cook ...on in small skillet over medium heat ... crisp, 5 minutes. Drain on paper tow... Discard drippings from skillet. Add ...gar, stirring to scrape up brown bits. ... oil and pour over greens. Add ba..., 1/4 teaspoon salt and 1/8 teaspoon ...per; toss well.

...ivide greens onto 4 serving plates. ... heated Potatoes Anna into quarters ... place on greens. Drizzle dressing over ...toes. Makes 4 servings.

...erving		Daily goal
...s	255	2,000 (F), 2,500 (M)
...	12 g	60 g or less (F); 70 g or less (M)
...ted fat	3 g	20 g or less (F); 23 g or less (M)
...terol	9 mg	300 mg or less
...n	653 mg	2,400 mg or less
...ydrates	33 g	250 g or more
...	8 g	55 g to 90 g

...TATOES ANNA

...dget recipe of the month

...p time: 20 minutes
...king time: 25 minutes

... pounds baking potatoes, peeled and ... sliced 1/16 inch thick
... and freshly ground pepper
...easpoon thyme
...aspoons butter or margarine
...blespoon olive oil

Toss potatoes, 1/2 teaspoon salt, 1/8 teaspoon pepper and thyme in medium bowl. Melt butter and oil in 10-inch nonstick skillet, swirling to coat bottom, over medium heat. Remove from heat. Arrange potato slices, overlapping in concentric circles, over bottom of pan. Layer with remaining potatoes. Cook, shaking pan occasionally, over medium heat 15 minutes. Invert potatoes onto a cookie sheet. Carefully slide back into skillet, browned side up. Cook until crisp and heated through, 10 minutes. *(Can be made ahead. Cool to room temperature. Reheat in 375°F oven until crisp and heated through, 8 minutes.)* Makes 4 servings.

Per serving		Daily goal
Calories	150	2,000 (F), 2,500 (M)
Total fat	5 g	65 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	5 mg	300 mg or less
Sodium	301 mg	2,400 mg or less
Carbohydrates	23 g	250 g or more
Protein	3 g	55 g to 90 g

SAMOSAS WITH YOGURT SAUCE

These Indian appetizers are filled with curry-seasoned mashed potatoes. The yogurt dipping sauce adds a cooling touch.
Prep time: 1 1/2 hours plus chilling
Baking time: 17 to 20 minutes per batch

Pastry
- 2 cups all-purpose flour
- 1/8 teaspoon salt
- 1/2 cup vegetable shortening
- 7 tablespoons ice water

Filling
- 3/4 pound baking potatoes, peeled
- Salt
- 2 tablespoons vegetable oil, divided
- 1/2 cup minced onion
- 2 teaspoons minced garlic
- 1 teaspoon minced fresh ginger
- 1 tablespoon minced jalapeño chile
- 1 teaspoon curry powder
- 1/2 teaspoon cumin
- 1/8 teaspoon ground red pepper
- 1/3 cup frozen peas, thawed
- 1 tablespoon minced fresh cilantro

Sauce
- 8 ounces plain low-fat yogurt
- 1 tablespoon minced fresh cilantro
- 1 tablespoon minced fresh mint
- 1/4 teaspoon cumin
- 1/8 teaspoon freshly ground pepper

Pastry: Combine flour and salt in bowl. With pastry blender, cut in shortening until mixture resembles fine crumbs. Sprinkle with ice water 1 tablespoon at a time, tossing with fork until pastry just holds together. Shape into disk. Wrap and refrigerate 1 hour or overnight.

Filling: Meanwhile, bring potatoes, 1 teaspoon salt and water to cover to boil in small saucepan; boil until potatoes are tender, 25 minutes. Drain and mash coarsely; set aside.

Heat 1 tablespoon oil in large nonstick skillet over medium heat. Add onion, garlic and ginger; cook until tender, 4 minutes. Add *(continued on page 181)*

Kristopher's

PLATTER FRIES

Don't peel the potatoes. Cut into wedges and brush with oil. Add salt. Bake in oven until crispy outside but still moist inside. Serve with lots of ketchup and turn on the TV so Kristopher can watch cartoons while he eats.



THE POTATO BOARD

Fillets in a flash.





HERB & GARLIC FISH

½ cup ***MIRACLE WHIP*** *or* ***MIRACLE WHIP LIGHT*** *Dressing*
½ teaspoon each dried marjoram leaves, dried thyme leaves and garlic powder
¼ teaspoon ground celery seed
1 pound fish fillets

Mix dressing and seasonings. Place fish on greased grill over medium coals or rack of broiler pan 2 to 4 inches from heat. Brush with ½ of the dressing mixture. Grill or broil 5 to 8 minutes. Turn; brush with remaining dressing mixture. Continue grilling or broiling 5 to 8 minutes or until fish flakes easily with fork. Makes 4 servings.

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Tuna with a twist.



SEAFOOD CAKES

1 can (12½ oz.) tuna in water, drained
½ cup **MIRACLE WHIP** or **MIRACLE WHIP LIGHT** Dressing
¼ cup Dijon mustard
¼ cup each finely chopped celery, green onions and green pepper
1 jar (2 oz.) chopped pimiento, drained
½ teaspoon each salt and black pepper
1¼ cups dry bread crumbs, divided
Oil

Mix tuna, dressing, mustard, vegetables, pimiento, seasonings and ½ cup of the bread crumbs. Shape mixture into 15 (2-inch) balls. Roll in remaining ¾ cup bread crumbs, coating well. Flatten balls into small patties. Refrigerate 30 minutes. Heat ½ cup oil in large skillet over medium-high heat. Add tuna patties. Cook 5 minutes on each side or until golden brown, adding additional oil as needed. Remove from skillet; drain on paper towels. Makes 8 servings.

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Hormel

THERE'S A NAME FOR FOOD THIS GOOD.

(continued from page 177) jalapeño, curry, cumin, 1/4 teaspoon salt and the red pepper; cook until fragrant, 30 seconds. Stir in mashed potatoes, peas and cilantro. Makes 2 cups.

Preheat oven to 400°F. Grease 2 cookie sheets. Divide pastry into quarters. On lightly floured surface, roll one quarter of the pastry 1/8 inch thick. Cut with floured 2 1/2-inch round cutter. Drop scant teaspoonful filling on half of each pastry circle. Brush edge of pastry with water and fold over filling. Pinch edge to seal. Place on cookie sheets; brush tops with remaining 1 tablespoon oil. Repeat with remaining pastry and filling, rerolling scraps. Bake in batches 10 minutes. Turn over and bake 7 to 10 minutes more, until golden. Serve warm with yogurt sauce. Makes 65.

Sauce: Combine all ingredients in bowl.

Per samosa		Daily goal
Calories	40	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	33 mg	2,400 mg or less
Carbohydrates	4 g	250 g or more
Protein	1 g	55 g to 90 g

STAINED-GLASS POTATO CHIPS

Thin, thin, thin potato slices make a sandwich of fresh herbs, then are baked for a unique munchie.

Prep time: 45 minutes
Cooking time: 7 to 11 minutes per batch

1 1/4 pounds baking potatoes, scrubbed
4 tablespoons olive oil, divided
1 cup assorted fresh herb leaves (basil, cilantro, flat-leaf parsley, tarragon, sage, dill and mint)
Salt

Preheat oven to 450°F. Brush each of 3 jelly-roll pans with 1 tablespoon oil. Slice potatoes paper-thin with mandoline slicer or by hand; stack slices. Sandwich 1 teaspoon herbs between 2 same-size slices in prepared pan. Repeat with remaining herbs and potatoes. Brush tops with remaining 1 tablespoon oil; sprinkle lightly with salt. Bake in batches until edges are golden and crisp, 7 to 11 minutes. Drain chips on paper towels. *(Can be made ahead. Reheat on cookie sheets in preheated 400°F. oven 3 to 4 minutes.)* Makes 3 dozen chips.

Per chip		Daily goal
Calories	25	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	1 mg	2,400 mg or less
Carbohydrates	3 g	250 g or more
Protein	0 g	55 g to 90 g

SKORDALIA

Potatoes and garlic team up tastefully in a dip from Greece. Be sure to make enough—your party guests will love it!

Prep time: 10 to 15 minutes
Cooking time: 20 minutes

1/2 pound all-purpose potatoes, peeled and cut into 2-inch pieces
4 large garlic cloves
Salt
3 tablespoons extra virgin olive oil, divided
1/4 cup fresh bread crumbs
1 tablespoon fresh lemon juice
1/2 teaspoon anchovy paste
Freshly ground pepper
Toasted pita triangles
Carrot sticks

Bring potatoes, garlic, 1/2 teaspoon salt and water to cover to boil in small saucepan; boil until tender, 15 to 17 minutes. Drain, reserving 1/4 cup cooking liquid. Press potatoes through food mill or sieve. Stir in 1 tablespoon oil; mix well. Add bread crumbs, lemon juice, anchovy paste, reserved liquid, 1/2 teaspoon salt and 1/8 teaspoon pepper. Stir until smooth. Add remaining 2 tablespoons oil, 1 tablespoon at a time, stirring well after each addition. Serve with pita and carrots. Makes 1 1/4 cups.

Per tablespoon without pita and carrots		Daily goal
Calories	30	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	64 mg	2,400 mg or less
Carbohydrates	2 g	250 g or more
Protein	0 g	55 g to 90 g

MASHED POTATOES

We learned to make perfect mashed potatoes from chef/writer Pierre Franey: Mash the potatoes, add butter or oil to coat the starch, then add the heated liquid. For variety, take your pick of flavors to add to our basic recipe.

Prep time: 10 minutes
Cooking time: 20 to 30 minutes

2 pounds baking potatoes, scrubbed, peeled and halved
1/3 cup butter or margarine, softened
3/4 cup milk, heated
1 1/2 teaspoons salt, divided
1/8 teaspoon freshly ground pepper

Bring potatoes, 1 teaspoon salt and water to cover in 2-quart saucepan to boil; boil until tender, 20 to 30 minutes. Drain. Mash with potato masher. Add butter, then remaining ingredients; mash until smooth. Makes 5 cups

Per 1/2 cup		Daily goal
Calories	105	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F), 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	15 mg	300 mg or less
Sodium	285 mg	2,400 mg or less
Carbohydrates	13 g	250 g or more
Protein	2 g	55 g to 90 g



CLOCKWISE FROM LEFT: SKORDALIA WITH PITA TRIANGLES AND CARROT STICKS, SAMOSAS WITH YOGURT SAUCE, STAINED-GLASS POTATO CHIPS

Mashed Potato Variations

Prepare potatoes as directed, making the changes below for desired flavor.

Mashed yams Substitute yams for potatoes. Makes 4 1/2 cups.
Per 1/2 cup: 160 calories, 6 g total fat, 4 g saturated fat, 17 mg cholesterol, 319 mg sodium, 25 g carbohydrates, 2 g protein.

Horseradish Substitute 1/4 cup sour cream for butter and add 1 tablespoon prepared horseradish. Makes 5 cups.
Per 1/2 cup: 80 calories, 2 g total fat, 1 g saturated fat, 5 mg cholesterol, 242 mg sodium, 13 g carbohydrates, 2 g protein.

Colcannon Heat 1 tablespoon oil in large skillet over high heat. Add 4 cups chopped kale or thinly sliced cabbage, 1 cup sliced green onions and 1/4 cup water. Cover and cook until tender-crisp, 4 minutes. Stir into mashed (continued)

Throw Stir-Fry For A Loc

Add Hillshire Farm Smoked Sausage to stir-fry and gain a new appreciation for fast food.



Sausage Stir-Fry: 20 minutes

1 to 1½ lbs. Hillshire Farm Lite, Original, or Turkey Smoked Sausage or Polska Kielbasa, sliced; 4 cups vegetables; 4 cups cooked rice; ½ cup cashew nuts. Brown sausage in skillet. Remove and drain. In same pan, cook vegetables until tender. Add sausage and cashew nuts. Cook 2 minutes until warm. Serve over rice. Serves 6.

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Taste The Difference When It Comes From Hillshire Farm.®



(continued) potatoes. Makes 6 cups.

Per ½ cup: 110 calories, 5 g total fat, 3 gsaturated fat, 12 mg cholesterol, 267 mg sodium, 14 g carbohydrates, 3 g protein.

Roasted garlic Preheat oven to 375°F. Peel away outer layer of papery skin from garlic. Drizzle 2 teaspoons oil over garlic and wrap in foil. Bake 40 to 50 minutes, until garlic is tender. Cool. Slip garlic from skin. Add 2 tablespoons roasted garlic to potatoes. Makes 5 cups.

Per ½ cup: 160 calories, 6 g total fat, 4 g saturated fat, 17 mg cholesterol, 319 mg sodium, 25 g carbohydrates, 2 g protein.



OVEN-ROASTED SWEET-POTATO FRIES

Just slice and bake, and voilà—great-tasting fries without deep-frying. Both sweet and baking potatoes are equally irresistible.

Prep time: 10 minutes
Cooking time: 25 to 30 minutes

2 teaspoons vegetable oil, divided
4 large sweet potatoes or baking potatoes (2½–2¾ lb.), scrubbed
1 teaspoon salt
¼ teaspoon freshly ground pepper

Preheat oven to 450°F. Line cookie sheet with foil; brush with 1 teaspoon oil. Cut potatoes lengthwise into ½-inch-thick wedges. Transfer to large bowl. Add remaining teaspoon oil, salt and pepper; toss. Spread potatoes in single layer on prepared cookie sheet. Bake 25 to 30 minutes, until golden and crisp. Makes 4 servings.

Per serving		Daily goal
Calories	240	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	571 mg	2,400 mg or less
Carbohydrates	50 g	250 g or more
Protein	7 g	55 g to 90 g

TWICE-BAKED POTATOES

You'll love these baked potatoes with creamy potato-cheese filling—it's classic comfort food.

Prep time: 10 minutes plus standing
Cooking time: 1 hour 7 minutes

4 large baking potatoes (2 lb.), scru
½ cup sour cream
¼ cup milk, warmed
½ cup shredded Colby or sharp Ch cheese, divided
2 tablespoons snipped chives or gre onions
Salt and freshly ground pepper

Preheat oven to 400°F. Prick pot with fork. Place potatoes on cookie and bake 30 minutes. Turn over and 30 minutes more or until cooked thr Cool on wire rack 10 minutes.

Cut one quarter off tops of pot Scoop out insides into bowl, leavin inch-thick shells. Mash with potato r er. Add sour cream, then milk; until smooth. Stir in 6 tablesp cheese, the chives, ½ teaspoon sal ⅛ teaspoon pepper until blen Spoon mixture back into potato s Top with remaining 2 tablesp cheese. Bake 7 minutes or until che melted and potatoes are heated thr Makes 4 servings.

Per serving		Daily goal
Calories	305	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or
Saturated fat	7 g	20 g or less (F); 23 g or
Cholesterol	28 mg	300 mg or less
Sodium	125 mg	2,400 mg or less
Carbohydrates	42 g	250 g or more
Protein	10 g	55 g to 90 g

ASTED NEW POTATOES TH HERBS

orful new potato varieties are the pick he crop at farmers' markets.
p time: 10 minutes
king time: 1 hour

ounds assorted small new potatoes (red bliss, fingerling, purple Peruvian, banana), scrubbed
rlic cloves, peeled and crushed
blespoons olive oil
easpoon salt
easpoon each pepper, thyme and rosemary
up chopped fresh parsley

Preheat oven to 375°F. Combine potatoes, garlic, oil, salt, pepper, thyme and rosemary in medium bowl. Toss to coat evenly. Place potatoes in single layer on 16-inch sheet of heavy-duty foil. Fold over potatoes and crimp edges to seal. Bake on cookie sheet 1 hour or until potatoes are tender. Carefully open foil and sprinkle with parsley. Makes 6 servings.

Per serving		Daily goal
Calories	165	2,000 (F), 2,500 (M)
Total fat	5 g	[illegible] g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	[illegible] mg or less
Sodium	195 mg	2,400 mg or less
Carbohydrates	28 g	250 g or more
Protein	3 g	55 g to 90 g

Recipes by Karen J.M. Tack.



cipe index

a listing of recipes appearing in this issue, including from the Journal kitchen and advertisements. Adver- recipes appear in boldface. Recipes marked with an t include microwave instructions.

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Sausage Spaghetti: 16 minutes

o 1½ lbs. Hillshire Farm Links, such Lite Hot Links or CheddarWurst, iced; 1 lb. spaghetti, uncooked; cup green pepper or mushrooms; ur favorite spaghetti sauce. In illet, lightly saute links with pep- rs or mushrooms. Stir in spaghetti sauce. Simmer covered for 10 minutes, stirring occasionally. Serve er cooked spaghetti. Serves 6

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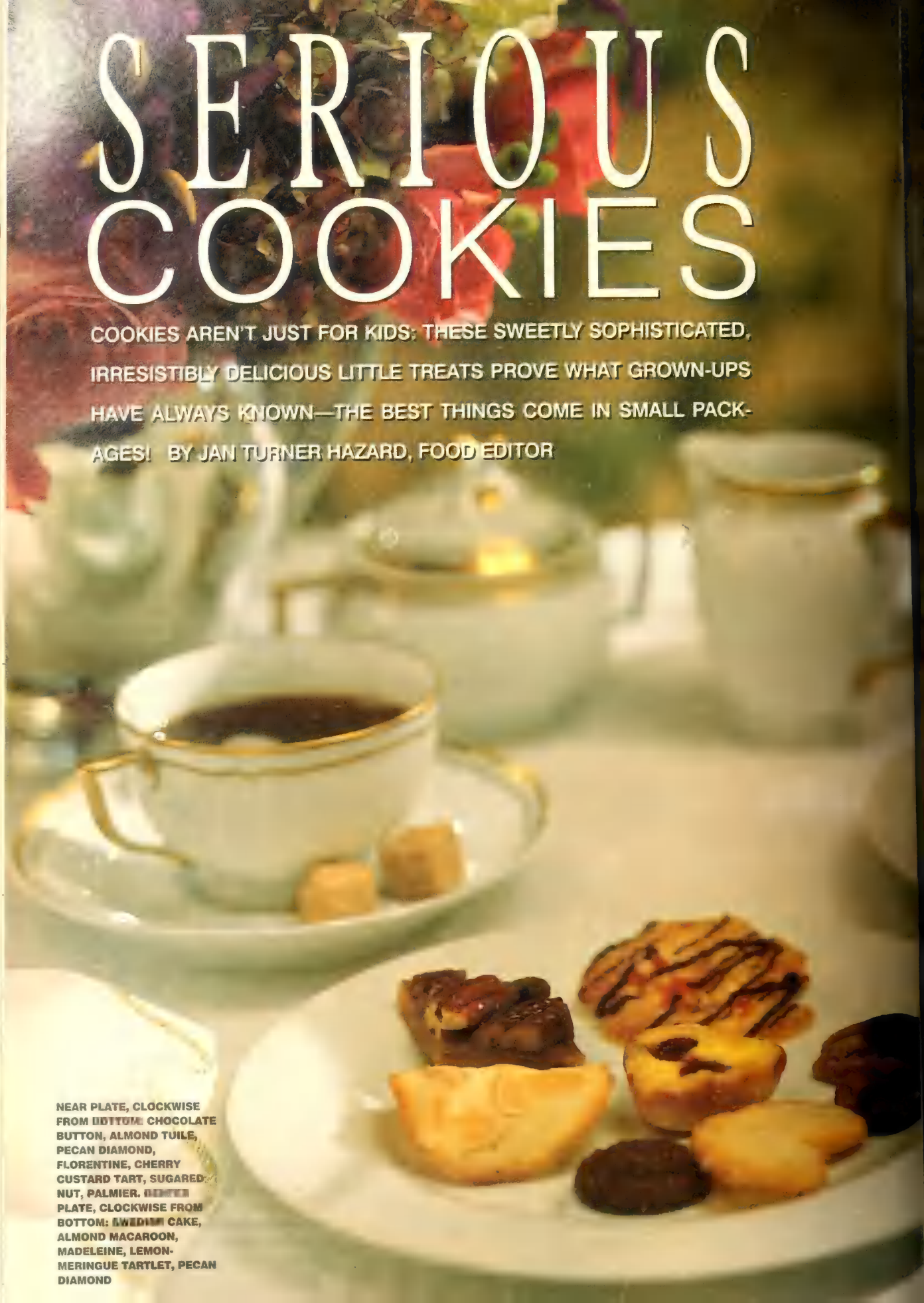


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NEAR PLATE, CLOCKWISE FROM BOTTOM: CHOCOLATE BUTTON, ALMOND TUILE, PECAN DIAMOND, FLORENTINE, CHERRY CUSTARD TART, SUGARED NUT, PALMIER. FAR PLATE, CLOCKWISE FROM BOTTOM: SWEDISH CAKE, ALMOND MACAROON, MADELEINE, LEMON-MERINGUE TARTLET, PECAN DIAMOND





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sy ● Challenging ▼ Low-fat
oderate Ⓜ Microwave ▽ Low-calorie

COLATE BUTTONS

ime: 40 minutes
e time: 5 to 8 minutes per batch

hazelnuts, toasted, minced
espoons all-purpose flour
espoons unsweetened cocoa
spoon ground cloves (optional)
salt
butter, softened
plus 2 tablespoons sugar
spoon vanilla extract
egg whites

t oven to 350°F. Grease 2 cookie
Combine nuts, flour, cocoa, cloves
t in small bowl. Beat butter and sug-
rge mixer bowl until light. Add vanil-
egg whites one at a time, beating
er each addition. Gradually add nut
; beat at medium speed 1 minute.
on batter into pastry bag fitted with
h plain tip. Pipe 3/4-inch rounds 2
apart on cookie sheets. Bake 5 to
utes. Cool on wire racks. Repeat
maining batter. Makes 9 dozen.

	Daily goal
25	2,000 (F), 2,500 (M)
2 g	60 g or less (F); 70 g or less (M)
1 g	20 g or less (F); 23 g or less (M)
2 mg	300 mg or less
12 mg	2,400 mg or less
2 g	250 ▮ or more
0 g	55 g to 90 g

IERS

ne: 25 minutes plus chilling
time: 15 to 17 minutes per batch

os all-purpose flour
butter (no substitutions)
sour cream
spoons sugar, divided

our in bowl. Cut in butter with pas-
ider until mixture resembles coarse
s. Stir in sour cream until pastry
ogether. Divide in half; shape into
ngles. Wrap; chill overnight.
rap half the pastry (keep remaining
ated). Sprinkle 3 tablespoons sugar
surface and coat pastry on all sides.
istry on the sugar into 12x8-inch
le. Fold long sides in toward center
1-inch borders. Fold in again so
almost meet in center. Fold together
ise from center to form 12-inch log.
nd freeze 20 minutes. Repeat with
ng dough and 3 tablespoons sugar.
eat oven 375°F. Line 2 cookie sheets
l. Place 3 tablespoons sugar on a
ut each pastry log into 1/4-inch slices.
h sides in sugar and place slices 2
apart on foil. Bake 10 to 12 minutes,
ges are golden. Turn over and bake
es more. Makes 8 dozen.
30 calories, 2 g total fat, 1 g saturated fat, 6 mg choles-
sodium, 3 ▮ carbohydrates, 0 g protein.

LEINES

ne: 20 minutes ○

Baking time: 10 to 12 minutes

1/2 cup plus 2 tablespoons butter, melted
2 large eggs
1/2 cup granulated sugar
1 teaspoon vanilla extract
1/2 teaspoon grated orange peel
1/4 teaspoon salt
3/4 cup all-purpose flour
Confectioners' sugar

Preheat oven to 350°F. Brush 24 madeleine molds with 2 tablespoons butter. Flour molds, tapping out excess. Beat eggs, granulated sugar, vanilla, orange peel and salt in mixer bowl until light, 3 minutes. Fold in flour alternately with 1/2 cup butter, beginning and ending with flour.

Fill molds three quarters full. Bake 10 to 12 minutes, until edges are golden and pull away from molds. Unmold. When cool, sift confectioners' sugar over rippled side. Makes 2 dozen.

Per cookie: 80 calories, 5 g total fat, 3 g saturated fat, 31 mg cholesterol, 77 mg sodium, ▮ g carbohydrates, 1 g protein.

FLORENTINES

Prep time: 1 hour 50 minutes plus standing ○
Baking time: 8 to 10 minutes per batch

1/3 cup butter, cut up (no substitutions)
2/3 cup sugar
1/2 cup heavy or whipping cream
2 tablespoons honey
1 2/3 cups blanched almonds, minced
1/4 cup candied orange peel, chopped
1/4 cup candied cherries, chopped
1/3 cup all-purpose flour
Melted semisweet chocolate (optional)

Combine butter, sugar, cream and honey in medium saucepan. Cook, stirring occasionally, over low heat until butter is melted. Increase heat to medium-high and bring to boil. Remove from heat; stir in nuts, fruit and flour. Cool in pan 15 minutes.

Preheat oven to 325°F. Grease and flour 2 cookie sheets. Drop batter by half-teaspoonfuls 2 inches apart on cookie sheets. Spread batter into 1-inch circles. Bake 8 to 10 minutes, until edges are golden. Cool on sheets 30 seconds; transfer to wire racks. Repeat with remaining batter. Drizzle cooled cookies with chocolate. Makes 15 dozen.

Per cookie: 20 calories, 1 g total fat, .5 g saturated fat, 2 mg cholesterol, 5 mg sodium, 2 g carbohydrates, 0 g protein.

SWEDISH CAKES

Prep time: 25 minutes ○
Baking time: 35 minutes per batch

1 cup butter, softened (no substitutions)
1/2 cup sugar
2 large eggs, separated
2 cups all-purpose flour
1/2 teaspoon salt
2 cups finely chopped walnuts
2/3 cup tart cherry or apricot jam

Preheat oven to 300°F. Grease 3 cookie sheets. Beat butter and sugar in mixer bowl until light. Add yolks; beat until light and fluffy. Beat in flour and salt.

Beat egg whites in bowl *(continued)*

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1/2 cup sugar
1/2 teaspoon vanilla (at medium speed until well blended)
Blend in 2 eggs

POUR

batter into a ready-to-use 9" graham cracker pie crust (6 oz.). No springform pan needed.

BAKE

at 350°F. for 40 minutes, or until center is almost set. Cool. For best results refrigerate for 3 hours. Then top with assorted fresh fruit. 8 servings.

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Serious cookies

continued

with fork. Place nuts on plate. Shape dough into 3/4-inch balls. Dip into whites, shaking off excess; roll in nuts. Place 1 1/2 inches apart on cookie sheets. Indent centers with fingertip.

Bake 15 minutes. Remove sheets from oven. Press centers again with handle of wooden spoon. Fill each with 1/2 teaspoon jam. Bake 20 minutes more, until golden. Makes 5 dozen.

Per cookie: 90 calories, 6 g total fat, 2 g saturated fat, 16 mg cholesterol, 54 mg sodium, 8 g carbohydrates, 1 g protein.

ALMOND TUILES

Prep time: 1 1/2 hours
Baking time: 4 to 6 minutes per batch

1/2 cup butter, melted and cooled, divided
3 large egg whites, room temperature
1/2 cup sugar
1/3 cup all-purpose flour
1 teaspoon vanilla extract
1 cup blanched sliced almonds, toasted

Adjust rack to lower third of oven. Preheat oven to 325°F. Grease 2 cookie sheets with some of the butter. Whisk whites and sugar in mixer bowl until foamy. Whisk in flour, 5 tablespoons butter and the vanilla to blend.

Drop batter by scant teaspoonfuls (no more than 4 or 5 per pan) 2 inches apart on cookie sheet. Spread batter into 2-inch circles. Sprinkle with nuts.

Bake one sheet at a time 4 to 6 minutes or until edges are golden. Cool on pans 20 seconds. Remove from sheets and drape over rolling pin. Repeat, greasing sheets as necessary. Makes 5 1/2 dozen.

Per cookie: 30 calories, 2 g total fat, 1 g saturated fat, 4 mg cholesterol, 17 mg sodium, 2 g carbohydrates, 1 g protein.

PECAN DIAMONDS

Test-kitchen favorite

Prep time: 20 minutes plus cooling
Baking time: 45 minutes

2 cups all-purpose flour
1/2 cup granulated sugar
1/2 teaspoon baking powder
1/4 teaspoon salt
3/4 cup butter, chilled, divided
2 large eggs, lightly beaten
2/3 cup light corn syrup
1 1/3 cups firmly packed light brown sugar
1/2 cup heavy or whipping cream
1 tablespoon dark rum
1 teaspoon instant coffee powder
2 teaspoons vanilla extract
4 cups pecan halves, toasted

Preheat oven to 350°F. Line 15 1/2 x 10 1/2-inch jelly-roll pan with foil. Coat with vegetable cooking spray. Combine flour, granulated sugar, baking powder and salt in bowl. Cut in 1/2 cup butter with pastry blender until mixture resembles coarse crumbs. Stir in eggs until pastry holds together. T... to floured surface and knead lightly... into pan. Bake 15 minutes. Cool.

Meanwhile, combine corn syru... brown sugar in medium saucepan... to boil, stirring occasionally, over m... heat. Stir in remaining butter and ... return to boil. Reduce heat and si... stirring occasionally, 3 minutes. Re... from heat. Stir in rum, coffee, vanil... pecans. Pour evenly over pastry. Ba... minutes, rotating pan twice. Cool.

Remove pastry from pan; peel off fo... into 1-inch diamonds. Makes 12 do...

Per cookie: 55 calories, 3 g total fat, 1 g saturated fat, 7 m... terol, 19 mg sodium, 6 g carbohydrates, 0 g protein.

ALMOND MACAROONS

Prep time: 20 minutes
Baking time: 13 to 15 minutes per bat...

1 roll (7 oz.) almond paste (3/4 cup)
3/4 cup granulated sugar
Confectioners' sugar
2 large egg whites

Preheat oven to 325°F. Line 2 c... sheets with foil; grease and flour. Be... mond paste, granulated sugar ar... cup confectioners' sugar at low spe... mixer bowl until mixture resembles c... crumbs. At medium speed, beat i... whites one at a time until smooth. S... into pastry bag fitted with 1/2-inch ... tip. Pipe 3/4-inch rounds 1 1/2 i... apart on cookie *(continued on pag...*

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y Bruce Miller

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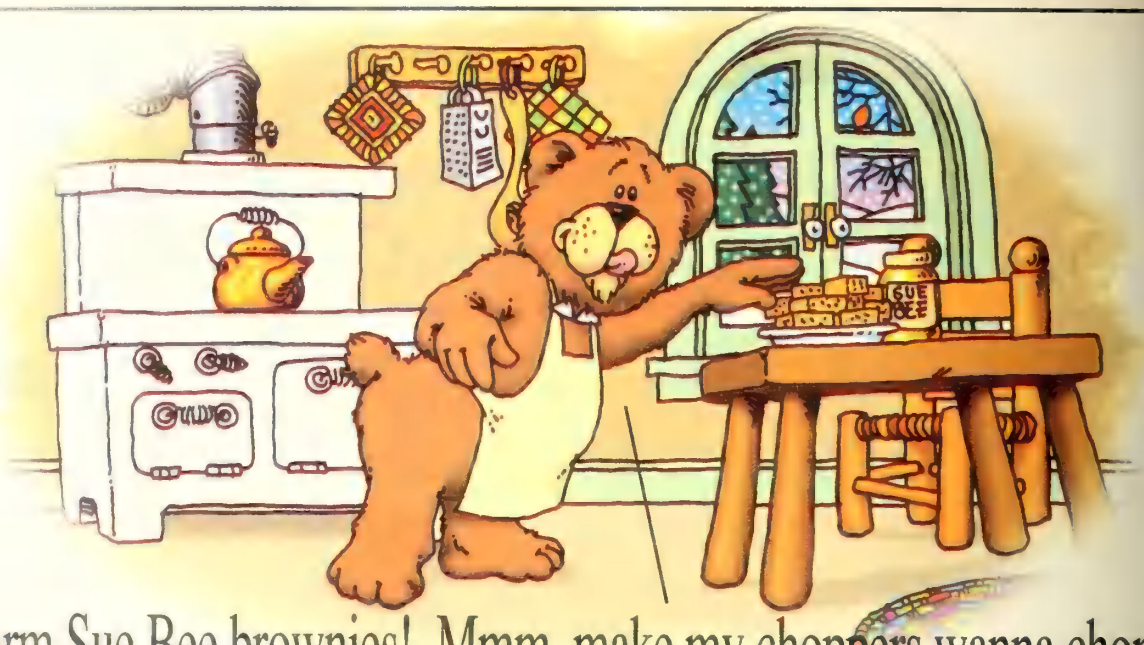
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Warm Sue Bee brownies! Mmm, make my choppers wanna chomp

Honey-Blonde Brownies

1 ½ c. flour
1 tsp. baking powder
½ tsp. salt
½ c. soft shortening
½ c. brown sugar, packed
½ c. Sue Bee Honey
1 egg
1 tsp. vanilla
½ c. chopped nuts

Preheat oven to 350°. Mix all ingredients together. Spread into well-greased 8-inch-square pan. Bake for 25-30 minutes, but only until a slight imprint shows when touched with finger. Don't overbake. Before cooling, cut into bars.

If you need to know how to change a recipe from sugar to honey, or if you'd like a free recipe booklet — write Sue Bee Honey, P.O. Box 388, Dept. LHJ, Sioux City, IA 51102.



Serious cookies

continued from page 188

sheets. Sift with confectioners' sugar.

Bake 13 to 15 minutes, rotating sheet halfway through, until cookies are golden. Transfer on foil to racks. Peel cooled cookies from foil. Makes 4 1/2 dozen.

Per cookie: 35 calories, 1 g total fat, 0 g saturated fat, 0 mg cholesterol, 4 mg sodium, 6 g carbohydrates, 1 g protein.

LEMON-MERINGUE TARTLETS

Prep time: 45 minutes
Baking time: 20 minutes

1 teaspoon grated lemon peel
1/2 cup fresh lemon juice
1/2 cup granulated sugar
1/2 cup unsalted butter, chilled, divided
4 large egg yolks
1 1/4 cups all-purpose flour
Pinch salt
2 tablespoons vegetable shortening
3 to 4 tablespoons ice water

Meringue
2 large egg whites
1/3 cup sugar

Combine lemon peel and juice, sugar and 1/4 cup butter in small saucepan. Bring to boil, stirring, over medium heat; boil 1 minute. Whisk egg yolks in small bowl. Slowly whisk one quarter of the lemon mixture into yolks. Add yolk mixture to saucepan; whisk over low heat until thickened, 2 to 3 minutes. (Do not boil.) Pour filling into clean bowl. Cover and refrigerate.

Combine flour and salt in bowl. Cut in remaining 1/4 cup butter and shortening with pastry blender until mixture resembles coarse crumbs. Sprinkle with water 1 tablespoon at a time, tossing until pastry holds together. Shape into 2 balls; flatten. Wrap and chill 20 minutes.

Preheat oven to 375°F. Place 2-inch round tartlet pans on cookie sheet. On floured surface, roll half the pastry into 11x8-inch rectangle. Fit into pans. Trim excess; prick with fork. Repeat with remaining pastry. Line pans with foil. Bake 12 minutes, until pastry is golden. Cool; unmold. Spoon 1 1/2 teaspoons filling into each shell.

Meringue: Preheat oven to 400°F. Beat egg whites in mixer bowl at medium speed until foamy. Beat in sugar 1 tablespoon at a time. Gradually increase speed to high, beating to stiff peaks. Spoon into pastry bag fitted with 1/4-inch star tip. Pipe swirls of meringue over filling.

Bake tarts 5 minutes or until meringue is golden. Makes 28.

Per tart: 95 calories, 5 g total fat, 2 g saturated fat, 39 mg cholesterol, 29 mg sodium, 12 g carbohydrates, 1 g protein.

CHERRY TARTS

Prep time: 1 1/2 hours
Baking time: 17 to 18 minutes per batch

1 cup all-purpose flour
6 1/2 tablespoons sugar, divided
1/4 teaspoon salt
1/2 cup cold butter, cut up
3 large egg yolks, divided
2 tablespoons ice water
1 tablespoon kirsch or cherry brandy
1/4 teaspoon vanilla extract
1/2 cup heavy or whipping cream
1 can (16 oz.) pitted tart cherries, dra
Pinch cinnamon

Combine flour, 1 1/2 tablespoons s and salt in bowl. Cut in butter with p blender until mixture resembles co crumbs. Whisk 1 egg yolk and wa cup. Sprinkle over flour mixture, to until pastry holds together. Shape int balls; flatten. Wrap and chill 1 hour.

Meanwhile, whisk remaining 2 egg 4 tablespoons sugar, the kirsch, vanill heavy cream in small bowl. Set aside.

Preheat oven to 375°F. On floured face, roll half the pastry into 12x8 rectangle. Cut into 2 1/2-inch circles into 12-cup petite heart pan* or to pans. Trim excess. Refrigerate scraps.

Spoon 1 scant teaspoon filling an cherries into each mold. Bake 17 to minutes, until custard is set. Cool in p Repeat with remaining pastry and fil Mix 1 tablespoon sugar with the cin mon. Remove tarts from pans; sprin with cinnamon-sugar. Makes 4 dozen.

*Petite heart pans can be ordered from Wilton E prises, 2240 W. 75th St., Woodridge, IL 60 708-963-7100, ext. 320.

Per tart: 55 calories, 3 g total fat, 2 g saturated fat, 22 mg terol, 33 mg sodium, 6 g carbohydrates, 0 g protein.

Recipes by Lorie Nolan.

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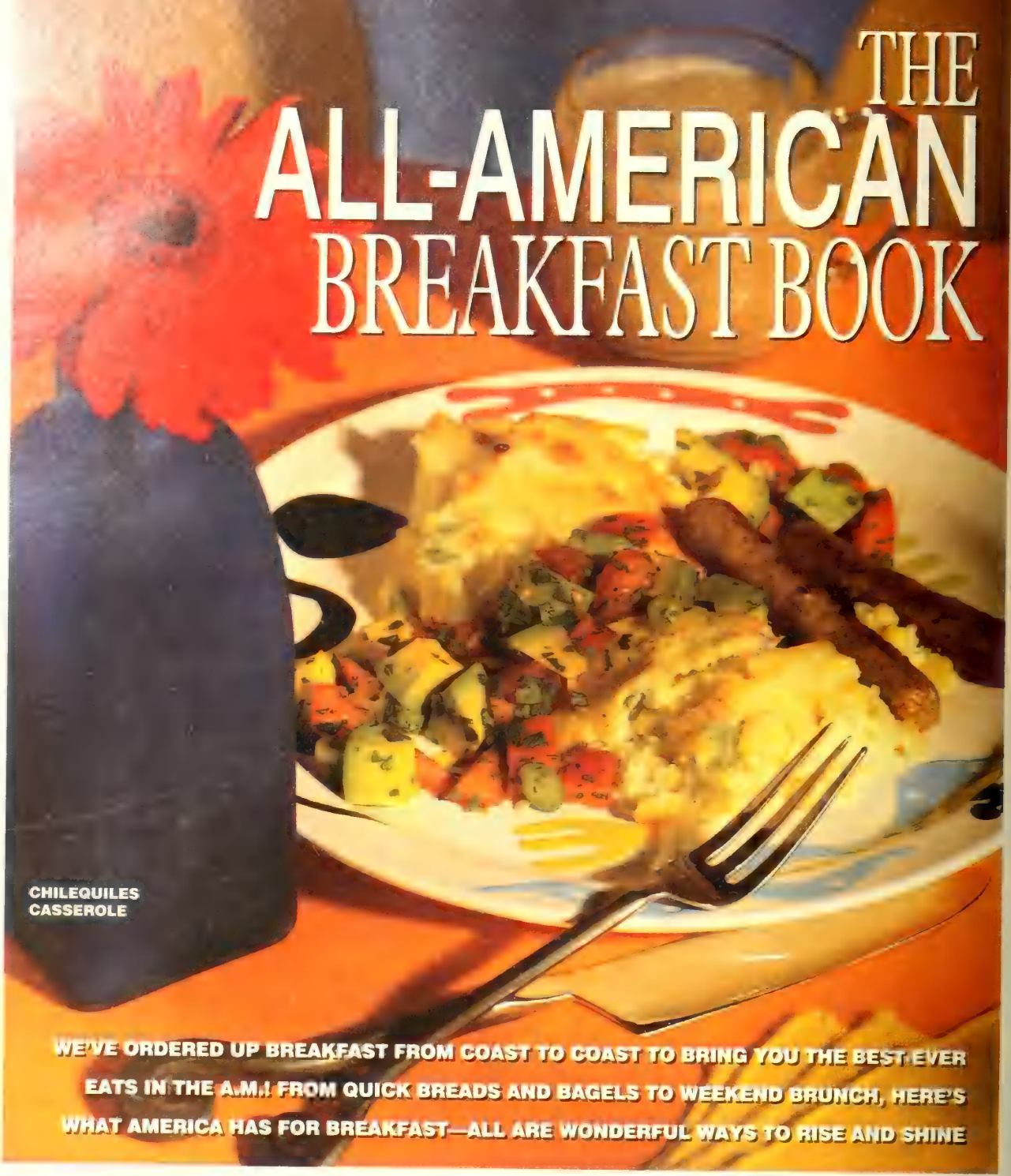
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CHILEQUILES CASSEROLE

This do-ahead Southwestern entrée features cheese, tortillas and eggs seasoned with green chiles. Prepared salsa can be used instead of fresh.

Prep time: 10 minutes ○
Baking time: 1 to 1 1/4 hours

8 large eggs, beaten
1 cup milk
1 container (16 oz.) California-style cottage cheese
1 can (8 1/2 oz.) cream-style corn
1 can (4 oz.) chopped green chiles with their liquid
3/4 teaspoon salt
1/2 teaspoon freshly ground pepper
1/8 teaspoon ground red pepper
1 package (8 oz.) shredded Cheddar and mozzarella cheese blend
6 corn tortillas (6-inch), cut into 1/2-inch strips

Fresh Salsa
1 cup diced plum tomatoes
1 avocado, diced
1/4 cup chopped fresh cilantro
1/4 cup sliced green onions

Whisk eggs, milk, cottage cheese, corn, chiles, salt and peppers in large bowl. Stir in cheese and tortilla strips. Pour into shallow 2 1/2- or 3-quart casserole. Cover and refrigerate at least 2 hours or overnight.

Preheat oven to 325°F. Bake casserole uncovered 1 to 1 1/4 hours or until center is set. Cool 20 minutes. Spoon salsa on top. Makes 8 servings.

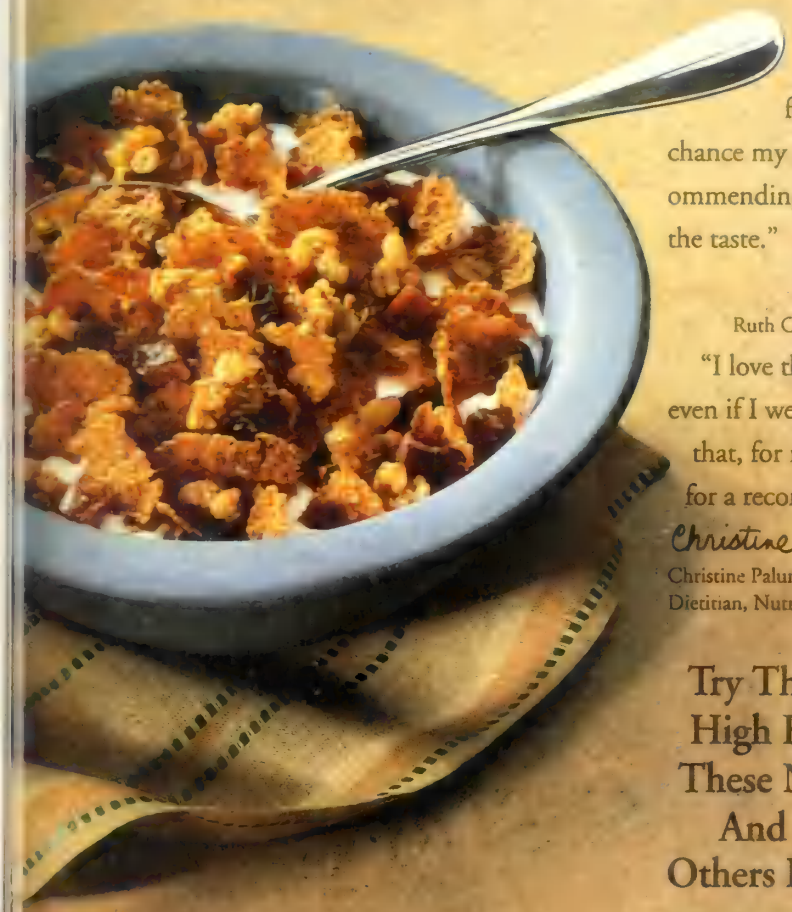
Salsa: Combine all ingredients in small bowl.

Per serving		Daily goal
Calories	370	2,000 (F), 2,500 (M)
Total fat	21 g	60 g or less (F); 70 g or less (M)
Saturated fat	9 g	20 g or less (F); 23 g or less (M)
Cholesterol	251 mg	300 mg or less
Sodium	873 mg	2,400 mg or less
Carbohydrates	23 g	250 g or more
Protein	23 g	55 g to 90 g

(continued)

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Christine Palumbo, Registered Dietitian, Nutritionist, Illinois



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GENERAL FOODS CORPORATION





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(continued)

GRANOLA PARFAIT

Skinny look and taste like dessert, but our Northwest berries layered with granola and yogurt is really a high-fiber, low-fat breakfast.

Total prep time: 10 minutes ○

1 cup blueberries
1 cup raspberries
1 navel orange, sectioned and cut up
2 teaspoons sugar
1/2 cup nonfat vanilla yogurt
1/2 cup West Coast Granola (recipe on page 198)

Combine berries and orange sections in medium bowl. Stir in sugar. In each of 4 parfait glasses, layer 2 tablespoons fruit, 2 tablespoons yogurt and 2 tablespoons granola. Repeat layering once more. Top with remaining fruit and a dollop of yogurt. Makes 4 servings.

Per serving		Daily goal
Calories	225	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	2 mg	300 mg or less
Sodium	65 mg	2,400 mg or less
Carbohydrates	42 g	250 g or more
Protein	7 g	55 g to 90 g

GRITS AND CHEDDAR SOUFFLÉ

Grits, that great Southern side dish, is the star of this high-rise soufflé. Serve it with country ham as a down-home treat.

Prep time: 30 minutes ○
Baking time: 25 to 35 minutes

1/4 cup butter or margarine
1/2 cup chopped onion
2 1/2 cups milk
1 1/2 cups water
1 tablespoon dry sherry
1 cup grits
1 teaspoon salt
1/4 teaspoon ground red pepper
3 large eggs, separated
2 teaspoons baking powder
1 1/2 cups shredded sharp Cheddar cheese

Preheat oven to 375°F. Butter shallow 1-quart casserole.

Melt butter in Dutch oven over medium heat. Add onion and cook until tender, 5 minutes. Add milk, water, sherry, grits, salt and pepper. Bring to boil; cook, stirring, until thickened, 8 minutes.

Whisk yolks in medium bowl. Gradually whisk one third of the hot grits mixture into yolks; whisk yolks back into grits. Stir in baking powder.

Beat egg whites in mixer bowl to soft peaks. Fold cheese, *(continued)*


GRITS AND CHEDDAR SOUFFLE


GRANOLA PARFAIT



COFFEE CRAZY

For many of us, the day can't possibly begin until we've had our first cup of coffee, and one cup is usually not enough. Specialty coffee sales are growing briskly nationwide—new coffee bars are springing up around the country, and markets are stocking a variety of richer-flavored roasts to serve at home. Below, a glossary of brews that are becoming a new American tradition.

■ **ESPRESSO** A dark-roasted coffee brewed under pressure, using 2 tablespoons coffee and 2 ounces water per cup. A good cup of espresso should not only be tiny but concentrated: full-bodied and rich, not bitter, with a *crema* (caramel-colored froth) on top.

■ **CAPPUCCINO** Espresso topped with steamed and foamed milk (the name derives from the color of the habits worn by Capuchin friars).

■ **CAFFE LATTE** Espresso mixed with steamed or scalded milk. The French call it *café au lait*; the Spanish, *cafe con leche*.

■ **ESPRESSO MACCHIATO** Espresso with just a "spot" of foamed milk.

■ **LATTE MACCHIATO** Steamed milk with just a "spot" of espresso.

■ **ESPRESSO RISTRETTO** More concentrated expresso, made with less water.

■ **CAFFE AMERICANO OR CAFFE LUNGO** Espresso made with more water.

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THINK OF IT AS TODAY'S SUGAR

POUR IT TOSS IT MEASURE IT DIP IT MIX IT BUY IT

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(continued) then egg whites, into ... Pour into casserole. Bake 25 ... minutes, until golden and center ... set. Makes 8 servings.

Per serving		Daily goal
Calories	295	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	11 g	20 g or less (F); 23 g or less (M)
Cholesterol	129 mg	300 mg or less
Sodium	639 mg	2,400 mg or less
Carbohydrates	21 g	250 g or more
Protein	12 g	55 g to 90 g

WEST COAST GRANOLA

A California-style mix of nuts, grains and dried fruit has become a high-energy breakfast staple. It's great by the handful or in our Granola Parfaits on page 196.
Prep time: 10 minutes ○
Baking time: 25 to 30 minutes

3 1/2 cups old-fashioned rolled oats
1/2 cup sliced almonds
1/2 cup wheat germ
1/4 cup dried banana chips
1/4 teaspoon salt
1/2 cup honey
1/4 cup vegetable oil
1 teaspoon grated orange peel
1/4 cup raisins
1/4 cup dried apricots, diced
1/4 cup dates, diced

Preheat oven to 325°F. Combine oats, almonds, wheat germ, bananas and salt in large bowl. Set aside.

Combine honey, oil and orange peel in small bowl. Pour over oat mixture, tossing to coat.

Spread mixture onto jelly-roll pan. Bake 25 to 30 minutes, until golden. Cool in pan. Stir in dried fruit. *(Can be made ahead. Store in an airtight container up to 2 weeks.)* Makes 6 1/2 cups.

Per 1/4 cup		Daily goal
Calories	115	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	22 mg	2,400 mg or less
Carbohydrates	18 g	250 g or more
Protein	3 g	55 g to 90 g





PINK FRUIT COMPOTE

Perfect for brunch, this unusual fruit salad is made the day before. The gorgeous color comes from the juice of the cactus pear.
Total prep time: 10 minutes ○

1 cactus pear
1 tablespoon sugar
1 teaspoon fresh lime juice
2 navel oranges, peeled and sectioned
1 pink grapefruit, peeled and sectioned
2 cups diced fresh pineapple
1 cup green seedless grapes, halved

Wearing rubber gloves, cut skin from cactus pear and discard. Chop pear coarsely; puree in blender. Strain through sieve into large bowl; discard seeds. Stir in sugar and lime juice until sugar is dissolved, then stir in remaining fruit. Serve immediately or cover and refrigerate overnight. Makes 6 servings.

Per serving		Daily goal
Calories	105	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	1 mg	2,400 mg or less
Carbohydrates	26 g	250 g or more
Protein	1 g	55 g to 90 g

LOBSTER OMELET

Indulgent but worth it *The perfect way to dress up leftovers, omelets are made one at a time and can be filled with almost anything. Try luscious lobster or substitute a savory filling of spinach, bacon and cheese.*
Prep time: 10 minutes ○
Cooking time: 3 minutes

Filling
1/4 cup heavy or whipping cream
1/2 teaspoon cognac
Pinch *each* salt and pepper
1/3 cup chopped, cooked lobster meat

3 large eggs
3 tablespoons water
Pinch *each* salt and freshly ground pepper
1 tablespoon butter or margarine

Filling: Combine cream, cognac, salt and pepper in small saucepan. Bring to boil, reduce heat and simmer until very thick, 5 minutes. Remove from heat and stir in lobster.

Whisk eggs, water, salt and pepper until blended in medium bowl. Heat 10-inch nonstick skillet over high heat. Add butter; tilt pan, swirling to coat. Pour in eggs and cook, continuously pushing edges toward center with spatula so uncooked egg flows onto pan, until top is almost set. Spoon filling over half the omelet; fold other half over filling. Invert onto *(continued)*

EGG BEATERS INTRODUCES BREAKFAST

It's the best meal of the day—and the perfect omelette is waiting. Wonderfully light. Deliciously fluffy. With peppers, onions, zucchini and mushrooms all folded in. It's an omelette unlike any other omelette. It's better.



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(continued) plate. Makes 1 omelet.

Per omelet		Daily goal
Calories	585	2,000 (F), 2,500 (M)
Total fat	49 g	60 g or less (F); 70 g or less (M)
Saturated fat	26 g	20 g or less (F); 23 g or less (M)
Cholesterol	785 mg	300 mg or less
Sodium	774 mg	2,400 mg or less
Carbohydrates	4 g	250 g or more
Protein	30 g	55 g to 90 g

Spinach, Cheese and Bacon Filling: Combine 1/3 cup shredded Jarlsberg cheese, 1/4 cup chopped cooked spinach and 1 slice thick-sliced bacon, cooked and crumbled, in small bowl. Proceed as directed above.

Per omelet		Daily goal
Calories	510	2,000 (F), 2,500 (M)
Total fat	40 g	60 g or less (F); 70 g or less (M)
Saturated fat	13 g	20 g or less (F); 23 g or less (M)
Cholesterol	699 mg	300 mg or less
Sodium	774 mg	2,400 mg or less
Carbohydrates	5 g	250 g or more
Protein	32 g	55 g to 90 g

PECAN-MOLASSES WAFFLES

Pecans added to the batter make these molasses-sweetened waffles a great weekend breakfast, Texas-style.
Prep time: 10 minutes
Cooking time: 2 1/2 to 3 minutes per batch

1 1/2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 large eggs, separated
3/4 cup milk
1/4 cup molasses
3 tablespoons vegetable oil
1 teaspoon grated orange peel
1/4 cup finely chopped pecans

Combine flour, baking powder, baking soda and salt in large bowl. In small bowl, whisk egg yolks, milk, molasses, vegetable oil and grated orange peel. Whisk into dry ingredients until smooth. Stir in nuts. Beat egg whites in small mixer bowl to soft peaks. Fold into batter.

Brush waffle baker with oil. Pour about 1/3 cup batter into preheated waffle baker. Cook according to manufacturer's directions. Repeat with remaining batter. Serve with maple syrup, butter and pecan halves, if desired. Makes 9 waffles.

Per waffle		Daily goal
Calories	200	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	50 mg	300 mg or less
Sodium	335 mg	2,400 mg or less
Carbohydrates	24 g	250 g or more
Protein	4 g	55 g to 90 g

CANYON RANCH GINGERBREAD PANCAKES

For the Canyon Ranch spas in Lenox, Massachusetts, and in Tucson, Arizona, author Jeanne Jones has created pancakes that are so flavorful, no one misses the butter and syrup.
Prep time: 10 minutes
Cooking time: 3 to 5 minutes per batch

1 cup whole wheat flour
1 teaspoon baking soda
3/4 teaspoon ginger
1/2 teaspoon cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon salt
1 teaspoon instant coffee powder
1/2 cup hot water
1 large egg, lightly beaten
1 can (6 oz.) frozen unsweetened apple-juice concentrate, thawed
2 tablespoons margarine, melted
Low-fat lemon yogurt
Assorted fruit and lime peel, for garnish

Combine flour, baking soda, ginger, cinnamon, cloves and salt. Dissolve instant coffee in hot water in another medium bowl. Add egg, apple-juice concentrate and margarine. Add coffee mixture to dry ingredients and mix until just moistened.

Heat electric skillet or nonstick skillet over medium heat. Coat with vegetable cooking spray. Scoop scant 1/4 cup batter per pancake into skillet and cook until tops bubbly and bottoms are golden brown, 1 1/2 to 2 minutes. Turn over and cook 1 to 1 1/2 minutes more, until cooked through. Serve with a dollop of yogurt and fruit, if desired. Garnish with lime peel. Makes 1 dozen.

Per pancake		Daily goal
Calories	90	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	18 mg	300 mg or less
Sodium	124 mg	2,400 mg or less
Carbohydrates	15 g	250 g or more
Protein	2 g	55 g to 90 g



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(WITH YOUR MOUTH FULL.)

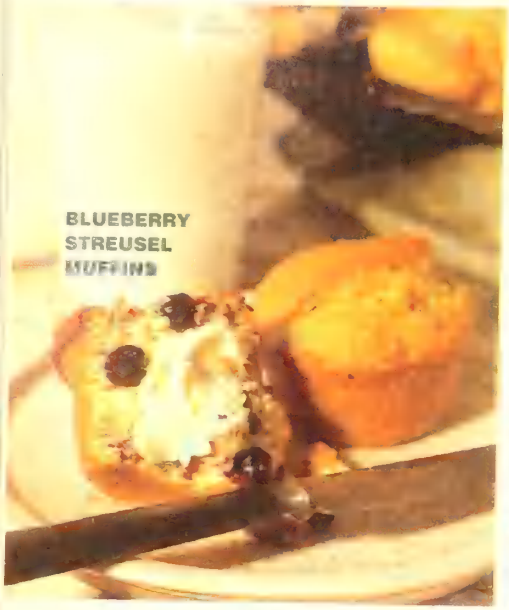
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THE BREAD BASKET

OPEN YOUR EYES TO AN APPETIZING ARRAY OF BREAKFAST BREADS, FROM SWEET ROLLS TO BAGELS PILED WITH SCRUMPTIOUS TOPPERS. AND ALL OF OUR MUFFINS CAN BE FROZEN AND POPPED IN THE MICROWAVE TO REHEAT.

BLUEBERRY STREUSEL MUFFINS

Blueberries—our favorite fruit for muffins—and cinnamon topping make these muffins worth waking up for.
Prep time: 20 minutes
Baking time: 20 to 25 minutes

Streusel
- 2 tablespoons flour
- 5 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 tablespoons butter, cut up

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup butter or margarine, softened
- 3/4 cup sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/4 teaspoon grated lemon peel
- 1/2 cup milk
- 1 1/2 cups fresh or frozen blueberries

Streusel: Combine flour, sugar and cinnamon in small bowl. Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Set aside.

Preheat oven to 375°F. Grease 12 muffin-pan cups. Combine flour, baking powder and salt in medium bowl. In mixer bowl, beat butter with sugar at medium speed until light and fluffy. Add eggs, beating until smooth. Add vanilla and lemon peel. Add dry ingredients alternately with milk. Fold in blueberries.

Spoon batter into prepared cups. Sprinkle with streusel. Bake 20 to 25 minutes, until toothpick inserted in center of muffin comes out clean. Cool in pans on wire rack 5 minutes. Makes 1 dozen.

Per muffin		Daily goal
Calories	273	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	63 mg	300 mg or less
Sodium	287 mg	2,400 mg or less
Carbohydrates	38 g	250 g or more
Protein	4 g	55 g to 90 g

CORN-BRAN MUFFINS

Whether you're a fan of corn or bran muffins, you'll love this combo, which boasts the flavors of both grains.
Prep time: 15 minutes
Baking time: 20 minutes

- 1/2 cup bran cereal
- 1 cup milk
- 3/4 cup all-purpose flour
- 1 cup cornmeal
- 1 tablespoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs, beaten
- 1/2 cup vegetable oil
- 1 teaspoon vanilla extract
- 1/2 cup firmly packed brown sugar

Preheat oven to 375°F. Grease 12 muffin-pan cups. Stir cereal and milk in large bowl; let stand 10 minutes. In medium bowl, combine flour, cornmeal, baking powder, baking soda and salt.

Add eggs, oil and vanilla to milk mixture. Whisk in brown sugar until smooth. Add dry ingredients. Spoon batter into prepared cups. Bake 20 minutes, until toothpick inserted in center of muffin comes out clean. Makes 1 dozen.

Per muffin		Daily goal
Calories	230	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	38 mg	300 mg or less
Sodium	282 mg	2,400 mg or less
Carbohydrates	28 g	250 g or more
Protein	4 g	55 g to 90 g

CINNAMON ROLLS

Food editor's choice *To savor the aroma of cinnamon rolls early in the morning, prepare them the night before and pop them in the oven when you wake up.*
Prep time: 40 minutes plus rising
Baking time: 30 to 35 minutes

- 2 packages active dry yeast
- 1/4 cup sugar
- 1/4 cup warm water (105°F.–115°F.)

(continued)

MIND YOUR MUFFINS

How does your favorite morning muffin stack up on nutrition? You may be biting off more than you should chew. Below, some popular prepared muffins and mixes compared by fat, calories, cholesterol and sodium. Products are ranked according to fat grams, from lowest to highest.

* Serving size not listed

PRODUCT	FAT (grams)	CALORIES	CHOLESTEROL (milligrams)	SODIUM (milligrams)
McDonald's Fat Free Apple Bran Muffin (3 oz.)	less than .5	190	0	230
Entenmann's Fat Free Carrot Raisin Muffin (2 oz.)	.5	140	0	115
Betty Crocker Light Wild Blueberry Muffin Mix*	.6	70	20	140
Pillsbury Lovin' Lites Blueberry Muffin Mix, made with water and egg whites*	1	100	0	160
Hostess Light Blueberry Muffin (2 muffins=2.5 oz.)	2	200	0	320
Duncan Hines Blueberry Muffin Mix*	3	120	20	185
Arrowhead Mills Native American Blue Corn Muffin Mix (1.6 oz.)	4	110	0	185
Jiffy Bran with Dates Muffin Mix (1.5 oz.)	5	120	20	220
Weight Watchers Banana Nut Muffin (2.5 oz.)	5	170	10	250
Pepperidge Farm Corn Muffin (2 oz.)	7	180	30	260
Sara Lee Chunky Chocolate Muffin (2 1/8 oz.)	8	220	N/A	210
Dunkin' Donuts Bran Muffin with Raisins (3.7 oz.)	9	310	50	560



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Folgers. Aroma so rich you can taste it.

Open for breakfast. It's better with

Del Monte Fruit. You'll flip for flapjacks with peaches. Or top your waffle with pears. Quick, easy and delicious year-round. Del Monte Fruit is the top of the morning.

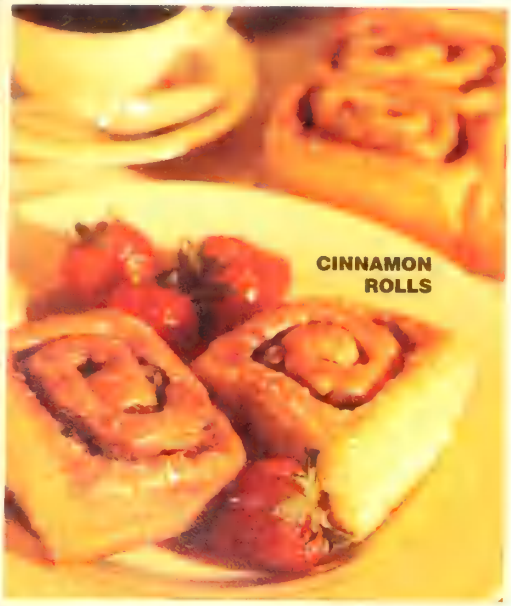




Del Monte Quality The best thing next to fresh

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THE ALL-AMERICAN BREAKFAST BOOK



(continued)

1 cup milk, warmed (105°F.–115°F.)
1/4 cup butter or margarine, softened
1 large egg, at room temperature
1 teaspoon salt
4 1/4 to 4 1/2 cups all-purpose flour

Filling
1/2 cup raisins (optional)
1/2 cup sugar
4 teaspoons cinnamon
1/4 cup butter or margarine, softened

Glaze
1 cup confectioners' sugar, sifted
2 tablespoons milk

Stir yeast and sugar into warm water in mixer bowl; let stand 5 minutes. Beat in milk, butter, egg and salt. Gradually beat in enough flour to make a soft dough. On lightly floured surface, knead until smooth and elastic, 5 minutes. Place dough in greased bowl, turning to grease top. Cover and let rise in warm, draft-free place until double in bulk, 1 hour. Punch dough down and let stand 10 minutes.

Meanwhile, soak raisins in boiling water to cover 5 minutes; drain. Combine sugar and cinnamon in small bowl. Grease 13x9-inch baking pan.

Roll dough into 15x10-inch rectangle. Spread with butter. Sprinkle evenly with cinnamon-sugar, then raisins. Roll dough up from long side, jelly-roll fashion; pinch edge to seal. Slice into fifteen 1-inch slices. Arrange slices in prepared pan. Cover and let rise 40 minutes until doubled in bulk. *(Can be made ahead. Cover and refrigerate overnight. Let stand at room temperature 1 hour before baking.)*

Preheat oven to 375°F. Bake rolls 30 to 35 minutes (if they brown too quickly, cover loosely with foil). Cool in pan on wire rack 5 minutes, then drizzle with glaze. Makes 15.

Glaze: While rolls are cooling, stir all ingredients in small bowl until smooth.

Per roll		Daily goal
Calories	280	2,000 (F), 2,500 (M)
Total fat	8 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	33 mg	300 mg or less
Sodium	228 mg	2,400 mg or less
Carbohydrates	47 g	250 g or more
Protein	5 g	55 g to 90 g

Pecan Sticky Buns: Follow recipe for Cinnamon Rolls, *except* do not make glaze. Combine 1/4 cup light corn syrup, 2/3 cup firmly packed brown sugar and 1/2 cup butter or margarine in 4-cup glass measure. Microwave on High 2 minutes or until boiling. Whisk until smooth and spread in 13x9-inch pan. Sprinkle over 1 cup pecan halves. Arrange cut dough on top; let rise, then bake as directed. Immediately invert buns onto cookie sheet. Serve warm or at room temperature. Makes 15.

Per bun		Daily goal
Calories	400	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	8 g	20 g or less (F); 23 g or less (M)
Cholesterol	50 mg	300 mg or less
Sodium	296 mg	2,400 mg or less
Carbohydrates	54 g	250 g or more
Protein	6 g	55 g to 90 g

Recipes by Lisa Brainerd and Lorie Nol
Researched by Carole Kotkin.

BEST BAGEL TOPPERS



ll across the USA, folks are breakfasting on bagels. Our coast-to-coast bagel toppers make ıst work of the most important meal of the day. Each makes four servings

lawaiian Split and toast 4 bagels. pread cut sides lightly with Dijon mus- ɔrd. Divide 1 cup pineapple cottage heese evenly over bagel halves. Cut 4 ices baked ham in half and place each n 1 bagel half.

r bagel half: 115 calories, 1.5 g total fat, 0 g saturated fat, 5 mg olesterol, 402 mg sodium, 19 g carbohydrates, 7 g protein.

outhwestern Combine 1 1/2 cups (5 .) grated Monterey jack cheese, 1/3 cup ch diced pimiento and green chile, 1 aspoon cumin, 1/4 teaspoon salt and 8 teaspoon freshly ground pepper in wl. Sprinkle onto cut sides of 4 bagels, lit and toasted. Broil 4 inches from heat urce until cheese is melted.

bagel half: 145 calories, 6 g total fat, 0 g saturated fat, 15 mg 340 mg sodium, 16 g carbohydrates, 7 g protein.

outhern Belle Combine 1/2 cup ıooth peanut butter with 2 teaspoons ney in small bowl. Spread 1 tablespoon anut butter-honey on cut sides of 4 cin- mon-raisin bagels, split and toasted. p with 2 medium bananas, sliced thin.

bagel half: 225 calories, 8 g total fat, 3 g saturated fat, 0 mg 230 mg sodium, 30 g carbohydrates, 8 g protein.

Vermonter Preheat broiler. Arrange 4 bagels, split and toasted, cut sides up on cookie sheet. Top each with 1 slice tomato, 1 ounce sliced Cheddar cheese, 1/2 slice cooked bacon. Broil until cheese is melted.

Per bagel half: 210 calories, 11 g total fat, 7 g saturated fat, 32 mg cholesterol, 403 mg sodium, 16 g carbohydrates, 11 g protein.

Oregonian Spread 3 tablespoons chocolate-hazelnut spread evenly on cut sides of 4 bagels, split and toasted. Top with 1 medium pear, peeled and sliced thin, or 4 canned pear halves, drained, patted dry and sliced thin.

Per bagel half: 117 calories, 2 g total fat, 0 g saturated fat, 0 mg cholesterol, 180 mg sodium, 22 g carbohydrates, 3 g protein.

New Yorker Split and toast 4 bagels. Combine 1 container (4 oz.) whipped cream cheese, 2 ounces smoked salmon, cut into slivers, 1 tablespoon sour cream, 1 teaspoon fresh lemon juice, 1 tablespoon minced fresh dill or 1 teaspoon dillweed and 1/8 teaspoon *each* salt and freshly ground pepper in bowl.

Per bagel half: 170 calories, 9 g total fat, 3 g saturated fat, 29 mg cholesterol, 496 mg sodium, 37 g carbohydrates, 9 g protein.

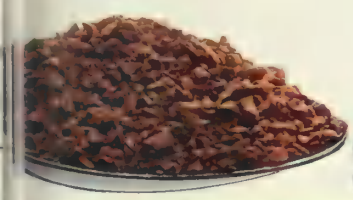
Midwestern Combine 1 container (4 oz.) whipped cream cheese with chives, 2 ounces ham, diced, 2 teaspoons honey mustard and 1/8 teaspoon freshly ground pepper. Spread on cut sides of 4 bagels, split and toasted.

Per bagel half: 185 calories, 10 g total fat, 4 g saturated fat, 34 mg cholesterol, 567 mg sodium, 37 g carbohydrates, 10 g protein.

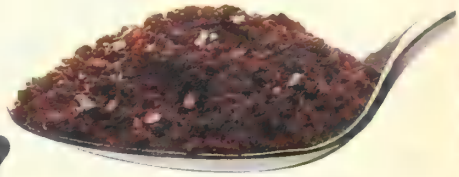
Californian Combine 1 cup ricotta cheese, 1/3 cup *each* diced radishes and seeded and diced cucumbers, 1/4 cup finely chopped fresh parsely, 1/2 teaspoon salt and 1/4 teaspoon grated lemon peel. Spread on cut sides of 4 bagels, split and toasted.

Per bagel half: 160 calories, 7 g total fat, 3 g saturated fat, 27 mg cholesterol, 515 mg sodium, 37 g carbohydrates, 10 g protein.

Recipes by Georgia Chan Downard.



SO DARK AND RICH, SHOULDN'T YOU SWITCH?



Compare a spoonful of rich, dark decaffeinated Folgers® and it's obvious there's no contest. Sparkling in the spoon or steaming in the cup, Mountain Grown Folgers Crystals are the difference.





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**½ the fat, ⅓ the calories;
all the cholesterol**

Introducing Chicken Tonight™ *Light* from Ragú.®

So delicious you won't believe it's light. Try new Italian Primavera, Honey Mustard, and Sweet and Spicy simmer sauces. Just brown, simmer, serve and enjoy.



It's gonna be great tonight.

*Based on comparisons with Chicken Tonight (fine average).

TELL US WHAT **YOU** THINK

e Food Journal is for you—and with your help we can make it even better. Please take a few minutes to fill t and return this questionnaire. Feel free to make any additional comments about our food stories or the rvey itself. Thanks for your help. See you in the kitchen!

Jan Turner Hazard, Food Editor

w good a cook are you?
- ☐ Excellent -3 ☐ Fair
- ☐ Good -4 ☐ Poor

w would you describe your cooking style?
- ☐ Experimental: Try new recipes often
- ☐ Moderately experimental: Try new recipes sometimes, but mostly stick with the tried and true
- ☐ Cook the same things with no change

w often do you cook dinner?
- ☐ Every night
- ☐ Almost every night
- ☐ A couple of nights a week
- ☐ Once a week or less often

w often do you supplement what you cook for dinner od from a restaurant, supermarket or deli/takeout?

	For entertaining	For family
night	9-1 ☐	10-1 ☐
uple of nights a week	-2 ☐	-2 ☐
a week	-3 ☐	-3 ☐
uple of times a month	-4 ☐	-4 ☐
a month or less often	-5 ☐	-5 ☐

v often do you bake?
- ☐ A couple of times a week
- ☐ Once a week
- ☐ 1 to 3 times a month
- ☐ Holidays or special occasions only

t do you bake?

	Bake from scratch	Use mixes	Combination of both
es	12-1 ☐	13-1 ☐	14-1 ☐
	-2 ☐	-2 ☐	-2 ☐
ns	-3 ☐	-3 ☐	-3 ☐
	-4 ☐	-4 ☐	-4 ☐
	-5 ☐	-5 ☐	-5 ☐

t appliances do you have? Check all that apply. are the most useful? Rank in order of usefulness, 1 most useful.

n		Most useful
☐	Microwave	___ (16)
☐	Electric mixer on stand	___ (17)
☐	Hand-held electric mixer	___ (18)
☐	Blender	___ (19)
☐	Food processor	___ (20)
☐	Pressure cooker	___ (21)
☐	Juicer	___ (22)
☐	Bread machine	___ (23)
☐	Crockpot	___ (24)
☐	Barbecue grill	___ (25)

often do you entertain?

	Dinner	Brunch	Cocktails	Dessert/ coffee
week or more	26-1 ☐	27-1 ☐	28-1 ☐	-29-1 ☐
month or more	-2 ☐	-2 ☐	-2 ☐	-2 ☐
holidays	-3 ☐	-3 ☐	-3 ☐	-3 ☐
Never	-4 ☐	-4 ☐	-4 ☐	-4 ☐

9. How do you cook meals during the week? How about on weekends?

	Weekdays	Weekends
Cook a main dish for 2 meals	30-1 ☐	31-1 ☐
Cook just for that night	-2 ☐	-2 ☐
Cook dishes to freeze	-3 ☐	-3 ☐

10. How often do you use recipes when cooking for your family? For casual entertaining? For formal entertaining?

	Family meals	Casual entertaining	Formal entertaining
Always use recipes	32-1 ☐	33-1 ☐	34-1 ☐
Frequently use recipes	-2 ☐	-2 ☐	-2 ☐
Occasionally use recipes	-3 ☐	-3 ☐	-3 ☐

11. How many cookbooks do you have?
General/basic ____ (35-36) Specialty ____ (37-38)

12. How important are the following to you in a recipe?

	Very Important	Somewhat Important	Not very Important	Not at all Important
Photographs	39-1 ☐	-2 ☐	-3 ☐	-4 ☐
Difficulty rating	40-1 ☐	-2 ☐	-3 ☐	-4 ☐
Nutrition info	41-1 ☐	-2 ☐	-3 ☐	-4 ☐
Prep/cooking time	42-1 ☐	-2 ☐	-3 ☐	-4 ☐
Editor's choice	43-1 ☐	-2 ☐	-3 ☐	-4 ☐
Number of ingredients	44-1 ☐	-2 ☐	-3 ☐	-4 ☐
Cost of ingredients	45-1 ☐	-2 ☐	-3 ☐	-4 ☐

13. Which information should a recipe explicitly provide in order for you to use it?
- 46-1 ☐ Making-ahead and freezing directions
- -2 ☐ Prep/cooking time
- -3 ☐ Alternate microwave directions
- -4 ☐ Reheating directions
- -5 ☐ Ingredient substitutions

14. When a recipe calls for an ingredient you don't have in the house, do you:
- 47-1 ☐ Substitute another ingredient
- -2 ☐ Omit ingredient
- -3 ☐ Go shopping for the ingredient
- -4 ☐ Skip recipe altogether

15. Which of the following does your pantry contain? (Check all that apply.)
- 48-1 ☐ Soy sauce -4 ☐ Balsamic vinegar
- -2 ☐ Curry powder -5 ☐ Espresso coffee
- -3 ☐ Olive oil -6 ☐ Dijon mustard

16. How often do you use coupons when you shop?
- 49-1 ☐ Always -3 ☐ Occasionally
- -2 ☐ Sometimes -4 ☐ Never

17. Do you ever plan meals around supermarket specials?
50-1 ☐ Yes -2 ☐ No

18. How concerned with budget are you when cooking for family? Entertaining?

	Cooking for family	Entertaining
Very concerned	51-1 ☐	52-1 ☐
Somewhat concerned	-2 ☐	-2 ☐
Not very concerned	-3 ☐	-3 ☐
Not at all concerned	-4 ☐	-4 ☐

19. Do you ever send for mail-order specialty food ingredients?
53-1 ☐ Yes -2 ☐ No

20. How often do you use recipes from Ladies' Home Journal?
- 54-1 ☐ Every month
- 2 ☐ Almost every month
- 3 ☐ A couple of months a year
- -4 ☐ Once a year or less often

21. What do you like best in Ladies' Home Journal food pages?
- 55-1 ☐ Microwave meals
- -2 ☐ Low-fat recipes
- -3 ☐ Diet recipes
- -4 ☐ Entertainment recipes
- -5 ☐ Dessert recipes
- -6 ☐ Nutrition/health information
- -7 ☐ Ethnic recipes
- -8 ☐ Beef recipes
- -9 ☐ Chicken recipes
- -0 ☐ Pasta recipes
- -x ☐ Salad recipes
- -y ☐ Photographs
- 56-1 ☐ Everyday ideas/tips
- -2 ☐ Entertainment ideas/tips

22. What would you like to see more of in the food pages of Ladies' Home Journal?
- 57-1 ☐ Quick meals -0 ☐ Ethnic recipes
- -2 ☐ Microwave meals -x ☐ Beef recipes
- -3 ☐ Economical meals -y ☐ Chicken recipes
- -4 ☐ Low-fat recipes- 58-1 ☐ Pasta recipes
- -5 ☐ Diet recipes- -2 ☐ Salad recipes
- -6 ☐ Entertainment recipes -3 ☐ Photographs
- -7 ☐ Dessert recipes -4 ☐ Everyday ideas/tips
- -8 ☐ Nutrition/health information
- -9 ☐ Entertainment ideas/tips

23. Do you like Ladies' Home Journal food pages:
- 59-1 ☐ More than other features in the magazine
- -2 ☐ The same as other features in the magazine
- -3 ☐ Less than other features in the magazine

24. Would you use an 800 number for food information?
60-1 ☐ Yes -2 ☐ No

25. Do you consult the nutrition information below each recipe in the food pages?
61-1 ☐ Yes -2 ☐ No

26. Would you buy a Ladies' Home Journal cookbook?
62-1 ☐ Yes -2 ☐ No

27. Is there anyone in your household on a restricted diet?
- 63-1 ☐ Low fat -4 ☐ Calorie reduction
- -2 ☐ Low cholesterol -5 ☐ Diabetic
- -3 ☐ Other _____

28. How many people live in your household? ____ (64)

Thank you! Please return completed survey (attach a sheet with your name and address) to: LHJ Cooking Study, 6400 Jericho Turnpike, Syosset, NY 11791 [80-1]

"I'm a survivor"

continued from page 137

more."

McEntire, who turns thirty-eight this month, has always done more. She spent her first honeymoon schmoozing disc jockeys. In the mid-eighties, she dedicated a month to personally visiting major record-distribution companies, shaking hands with employees. When she married a second time, in 1989, the star was appearing in Lake Tahoe; in typical McEntire fashion, she sandwiched in the reception between performances.

It's all been very effective. Within her industry, country's reigning queen is considered "a hardheaded businesswoman," says a Nashville insider. "Very smart. Very in control."

Being in control is the essence of McEntire's appeal. That warm yet determined demeanor that assures fans, I understand, I care, I can conquer this. "Reba is perceived as speaking both to and for the women in her audience," says country-music critic Rick Mitchell, author of *Garth Brooks: One of a Kind, Workin' on a Full House* (Fireside, 1993). "She portrays both the heartbreak and the strength of being a survivor."

And Reba is no stranger to heartbreak. Two years ago, she lost her band in a terrible plane crash. Four months ago, she herself had a close call when the plane she was on had to make an emergency landing with faulty landing gear. But even these traumas haven't stopped her from working. Immediately after her crash landing, for example, she boarded another plane—and arrived at her scheduled concert only ten minutes late. McEntire doesn't quibble about her intentions. "To stay in the limelight to the degree you want to, you have to work real hard," she says, her blue eyes narrowing. Despite her Grammy, an unprecedented four consecutive Female Vocalist of the Year awards from the Country Music Association and shelves of other honors, she wouldn't even consider cutting back: "We could probably rest on our laurels a lot more than we do. But we don't."

This savvy businesswoman is a new Nashville breed. Unlike such classic country queens as Loretta Lynn, McEntire didn't grow up in stark poverty, but on her family's Oklahoma cattle ranch. She graduated from college with a degree in elementary education (in the footsteps of her mom, Jackie, a retired teacher) and a minor in music.

And unlike her good friend Dolly Parton—who's known in business circles for her ability to softly and artfully persuade—McEntire is a firebrand. She knows what she wants, and she isn't afraid to go after it, with no apologies. "It's really because she took control of her career that she has prospered," says Robert K. Oermann, who covers country music for Nashville's *The Tennessean*. "Reba is a cowgirl. She doesn't know how to do things soft."

Hers

These are good days for the redhead with the power-packing voice. "I've never been this happy, this content," she says. For last night's concert she was clothed in red sequins, black leather and six-shooters, but this afternoon Reba is relaxed: jeans, a green T-shirt and a baseball cap. "The truth is, I've never had this much fun."

Her latest album, *For My Broken Heart*, sold more than two million copies, and her recent release, *It's Your Call*, her twentieth album, is climbing the charts. A more personal reason for her happiness is the little guy sleeping upstairs: Reba's son, three-year-old Shelby. She gives the rest of the credit to her second husband, Narvel Blackstock. A laid-back man with soulful eyes and a slight paunch, he originally signed on as the star's steel-guitar player in 1980. Over the years, he worked his way up to bandleader, road manager and finally manager. "Then I demoted him to my husband," she's often said.

"I like to take challenges and gambles," says Reba. "I don't care to play it safe."

It's a working marriage. Blackstock comanages McEntire's growing business empire, consisting of Starstruck Entertainment (her management firm); Starstruck Farms, their home and four-hundred-acre horse farm outside Nashville; and Starstruck Jet, an aircraft-leasing company. She's even started a construction and development company. "I needed someone to build my horse barn," she says matter-of-factly.

McEntire is fast becoming Nashville's version of Oprah, a diversified businesswoman. Country music is a billion-dollar-a-year business, the fastest-growing segment of the music industry. McEntire has parlayed her position as its reigning female into a personal fortune estimated at more than $10 million.

Reba's way

McEntire does not apologize for her forceful personality. "I'm from strong people," she explains. "Very competitive, very determined people." By all accounts, Reba's grit comes from her dad, championship steer-roper Clark McEntire, who, at sixty-five, still runs his ranch. Reba has compared him to the silent-yet-lovi[ng] father in her hit "The Greatest Man He Ever Knew." Her musical ability c[omes] from her mom, who once dreamed of a singing career of her own. She encouraged her children to harmonize as [they] commuted from rodeo to rodeo each [summer] in an old green Ford. With her sister Susie and brother, Pake, Reba became one of "The Singing McEntires." Her break came more than eighteen years when Nashville songwriter/performer Red Steagall heard her sing the national anthem in 1974 at the National Finals Rodeo, in Oklahoma City.

One explanation for McEntire's insistence on total control is that for the first ten years of her career she was bounced around by Nashville handlers unsure how to package the plucky Okie. By the mid-eighties, McEntire was frustrated: she'd cut seven albums, with only limited success. Then, ten years after that debut at the rodeo, McEntire left Mercury Records for MCA, gaining greater control in the process. For the first time she was able to choose her own material and even co-produce her albums.

The role Reba McEntire fashioned for herself—at a time when country music was still hung over from the *Urban Cowboy* days and most believed it had to be watered down to sell—was that of a country songstress. Her 1984 album *My Kind of Country*, filled with honest emotion and universal themes, was the first time she sang Reba. Some critics say it's her best.

Paradoxically, in recent years McEntire's music has become increasingly crossover, replacing steel guitars and fiddles with synthesized keyboards. She has also recorded pop standards—Aretha Franklin's "Respect" and the Everly Brothers' "Cathy's Clown." Though it wows fans, some critics have been cool to the change. "I wish she'd return to a more traditional country sound," commentator Maces Mitchell. "But it's difficult to argue with success."

Reba on Reba

"I don't live my life for other people," explains McEntire.

This is a rebellious stance in country music, where until recently, fans expected their female stars to be gingham-corseted standard bearers for family, hearth and home. At no time has Reba's I'll-do-it-my-way attitude clashed as violently with what's expected as in 1989, when she filed for divorce, ending her eleven-year marriage with rodeo rider-rancher Charlie Battles.

There was a time, not long ago, when a divorce was enough to permanently uncrown a country queen. And though McEntire doesn't like to talk about negatives—in fact, at times she's as adept as a Washington spin-doctor at promoting the positive—even she (continued)



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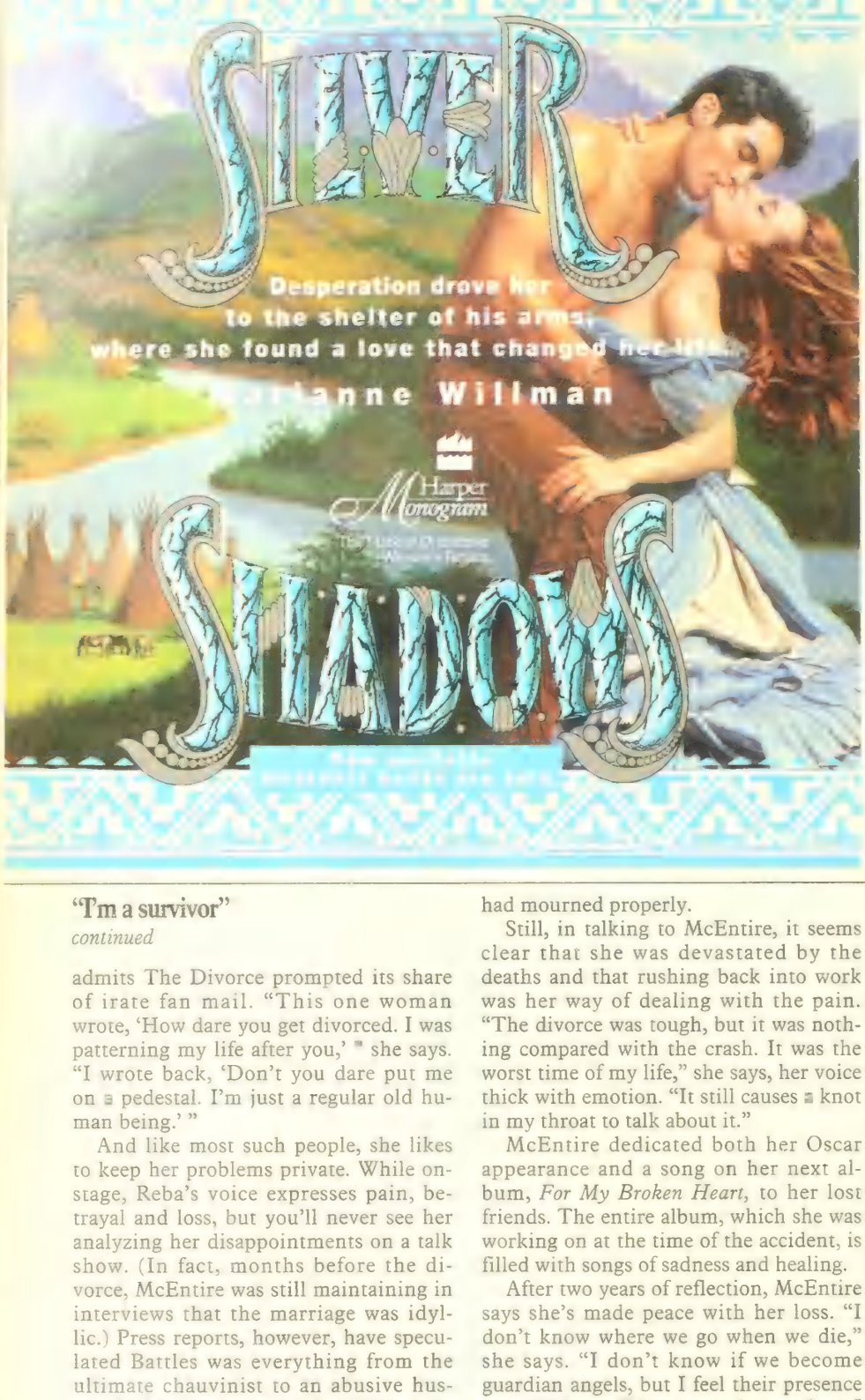
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"I'm a survivor"

continued

admits The Divorce prompted its share of irate fan mail. "This one woman wrote, 'How dare you get divorced. I was patterning my life after you,' " she says. "I wrote back, 'Don't you dare put me on a pedestal. I'm just a regular old human being.' "

And like most such people, she likes to keep her problems private. While onstage, Reba's voice expresses pain, betrayal and loss, but you'll never see her analyzing her disappointments on a talk show. (In fact, months before the divorce, McEntire was still maintaining in interviews that the marriage was idyllic.) Press reports, however, have speculated Battles was everything from the ultimate chauvinist to an abusive husband. Always striving for that right note, McEntire says: "I think I hurt Charlie. I'm sorry for that. But I wouldn't change it. I don't know if he's happier, but I am in every aspect."

Surprisingly, the other occurrence that caused more than a flutter of grousing about McEntire's tactics centered on the deaths of seven of her band members and her longtime road manager in an airplane crash, two years ago this month. Some questioned whether McEntire, who performed at the Oscars just nine days later, had mourned properly.

Still, in talking to McEntire, it seems clear that she was devastated by the deaths and that rushing back into work was her way of dealing with the pain. "The divorce was tough, but it was nothing compared with the crash. It was the worst time of my life," she says, her voice thick with emotion. "It still causes a knot in my throat to talk about it."

McEntire dedicated both her Oscar appearance and a song on her next album, *For My Broken Heart*, to her lost friends. The entire album, which she was working on at the time of the accident, is filled with songs of sadness and healing.

After two years of reflection, McEntire says she's made peace with her loss. "I don't know where we go when we die," she says. "I don't know if we become guardian angels, but I feel their presence an awful lot. There are times when I wouldn't be surprised to find them standing beside me."

Over the years, a number of music's greats have perished like McEntire's band, on chartered planes commuting to and from concerts, including Patsy Cline, Buddy Holly and Ritchie Valens. Ironically, McEntire's band rarely flew, most often busing between concerts. It's Reba who, since her son was born in 1990, has insisted on flying out from her Nashville-area home on the day of a one-night gig and flying back early the next mrni "I get to spend more time at hon says, "with the baby."

Predictably, McEntire was detemi not to let the crash ground her. Pe have car accidents and then get in bulance and drive to the hospit says firmly. "Why shouldn't I fly?

In typical McEntire fashion, hwe she moved to take more control cer planes she flew on, hence Starstrek was christened, her own Nashvill ba charter-jet service. "We knew w going to continue to fly," she ha "We wanted to do it right."

It seems all the more ironic, the last November 6 she was ci Nashville for an hour on her own burning up fuel before attempt emergency landing. A mechan says, left a flashlight in the nose, jammed the landing gear. It coul but not down.

How did Reba react? Calmly, sh She played cards with her stylist Spika, and talked about eating M food in Albuquerque. "We had f the pilot," she says firmly. Did worry at all about what might ha "The only thing that scared us rea when we saw the fire trucks."

Minutes after screeching to a landing, they boarded a second (one Blackstock booked by radio they were still in the air) and took that night's nine P.M. concert in son, Wisconsin. Reba McEntir queen of country, walked coolly o just a few minutes late and never tioned a word about her harrowing rience to the nine thousand fans ga to see her show.

Still, she admits, after some que ing, she and her fellow passenge speculate later that it "might have our time." On her return, she reme slipping in to kiss Shelby good nig looking down at him asleep in hi "All I could think of," she conf "was, Thank God, everybody's all ri

What Reba wants

When asked what she wants out o Reba McEntire doesn't pause long sidering. "I want to do so much m want my family life, my personal li public life. I want to have my cak eat it, too. I like to take challenge gambles. I don't care to play it safe."

Taking chances, not playing it and not being afraid to make her ow cisions has worked well, thus far, f country star. It has won her pheno success and a lifestyle that bette *Falcon Crest* than *Hee Haw.*

These days, home is a twenty- year-old, four-story antebellum- mansion on a lake outside Nash where she and Blackstock raise oughbred racehorses. McEnt

rites are two spirited colts. "They minds of their own," says the star. almost like, You want me to do Well, I'll think about it."

hough she once talked of having four ve children, she now says she's not that's still the option she wants to "Narvel has three children from his marriage. He's not for any more," nuses. "I'd love another, but I don't I'd be deprived in life if I didn't."

f course, when you're Reba ntire, there are more than personal derations. The star was confined to spital bed for the final three months r first pregnancy to prevent prema- labor. She used the time well, listen- new material. "Shelby would kick didn't like a song," she's recalled. kid knew a good song when he it. He was quiet for the good ones."

here was no touring, no performing. ecord sales temporarily dropped. octors have already warned that an- pregnancy would again result in hs confined to a bed. With more seventy-five people in Nashville and e road counting on her for a pay-, the decision takes on corporate derations. "I think I'll just play it by she says.

d then there are all those other s Reba wants that would have to be n hold—mainly a successful acting career like her chum Dolly's. "I'd really like to star in a serious motion picture someday," McEntire says dreamily. "Maybe even win an Oscar."

But so far Hollywood hasn't been quick to offer her the caliber of vehicles it's given to Parton. While she moved right into major motion pictures, McEntire's debut was in a campy 1990 comic thriller, *Tremors*, opposite Michael Gross of *Family Ties*. Then in 1991, good pal Kenny Rogers offered her the female lead—a Gatling-gun wielding madam with a heart of gold—in *The Gambler IV*.

McEntire does have two projects in the works: a sequel, *Tremors II*, and a TV movie based on her award-winning music video "Is There Life Out There."

She hasn't heard yet whether she's won the part she's after in *The Beverly Hillbillies*, a feature based on the popular sixties TV series. If she does, at least she won't have to get the accent down. Her Oklahoma twang ought to do just fine.

Still, even if the role slips away—in fact, if everything Reba McEntire has worked so hard for somehow disappeared tomorrow—this spunky woman who so carefully sets her own course insists she'd be okay. "I'm grateful for the people I've met, the people I've loved, the life I've had," she says, flashing a warm, wide grin. "I can't imagine it getting any better." ■

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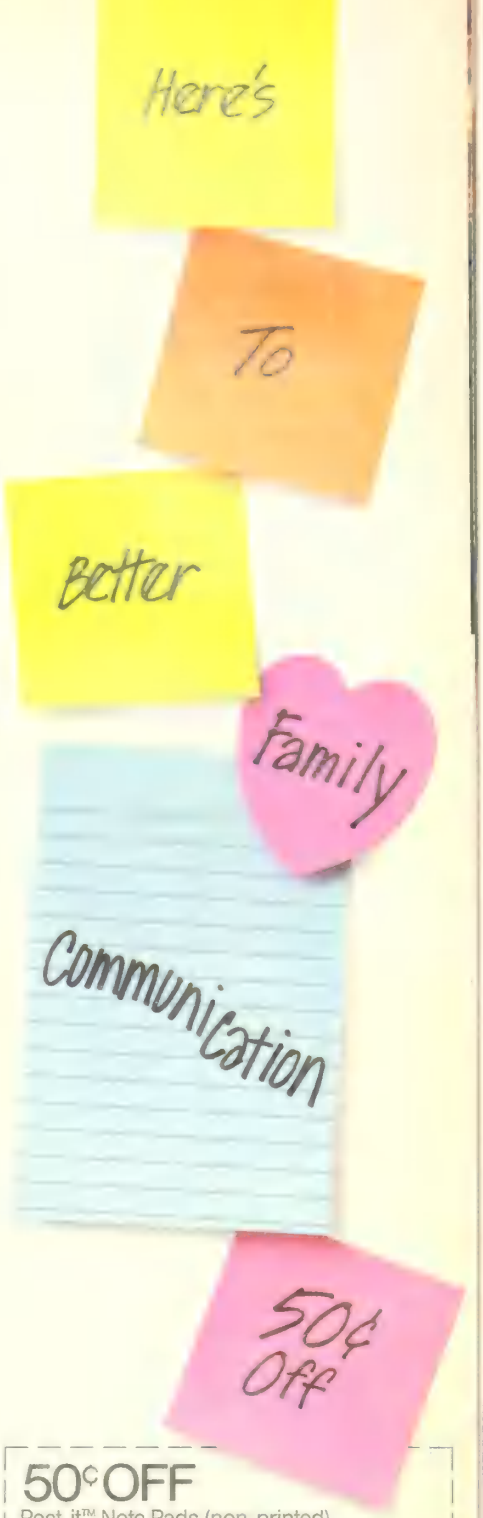
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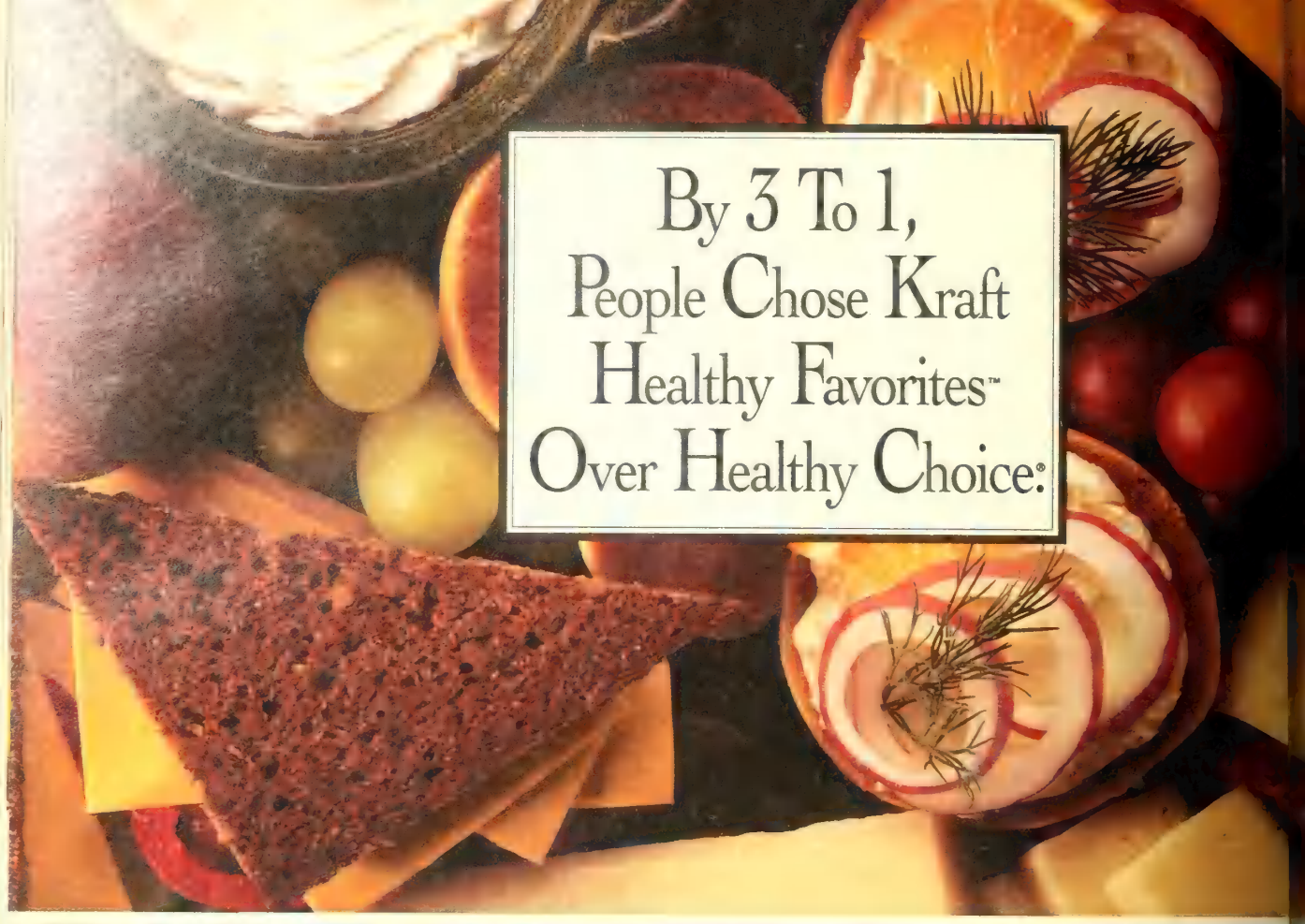
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Hospitals: hazardous to your health

continued from page 143

errors in surgery and/or anesthesia.

While some mishaps are inevitable in the practice of medicine, the majority of injuries and deaths resulting from hospital treatment are preventable, according to Harvard researchers, who analyzed more than 30,000 randomly chosen hospital records. Unfortunately, a tendency on the part of physicians and other hospital staff to sweep mistakes under the rug stymies efforts to prevent the same types of mistakes from recurring.

While 20 percent of hospitals choose to be overseen by state regulatory agencies, about 80 percent of the nation's approximately 6,800 hospitals receive their accreditation from the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), a private group that is funded by the hospitals themselves. A team of doctors, nurses and administrators from the Joint Commission inspects each hospital once every three years to judge whether it complies with proper infection-control procedures and other standards. Depending on the severity of violations, a hospital may be given a period of up to a year to correct its problems or it can lose its accreditation, meaning it no longer qualifies for reimbursement by Medicare.

Some consumer groups acknowledge that JCAHO has improved in carrying out its duties over the past two or three years, but critics maintain it has a long way to go. "The Joint Commission does a terrible job of policing hospitals because it's like the fox guarding the chicken coop," says Maryann Napoli, associate director of the Center for Medical Consumers, an advocacy group in New York City. "JCAHO has a history of not acting to correct problems because it's financed by the hospitals and it's bad for business if people know that a hospital has a high error rate."

But according to Joint Commission spokesman Stephen Davidow, "Our mission is to improve the quality of care for patients rather than being punitive, so we try to work with hospitals to keep them in our oversight system. And, right now, we're putting more teeth in our accreditation process, including a new rule that if a hospital fails to comply with the same standard twice in a row, it can lose its accreditation."

Although looking after yourself in a hospital can be difficult because of your physical condition, you should make every effort to do so. Try to be fully informed about your treatment and act assertively on your own behalf, or bring along someone who can. Speak up if you feel your condition or that of a family member is worsening. If [y]our physician or the nursing staff do[es] seem to be responding adequately, a[sk] to see the hospital's patient represen[ta]tive or ombudsman.

Below, some of the risks you may f[ace] when hospitalized, and how you c[an] minimize them.

Medication errors

Improper dosage or an adverse reac[tion] to hospital medication can have co[n]sequences as diverse as mild side effec[ts] death. Hospitalized patients may rec[eive] drugs that are totally new to the ma[r]so that knowledge of potential side e[f]fects is still incomplete, according [a] 1991 study by researchers at the Uni[v]sity of Utah School of Medicine. E[ven] even when patients have adverse r[e]tions to new medications, the[y] searchers found that doctors and n[u]were often too slow to identify the p[r]lem and discontinue the offending d[r]

"Medication errors in hospitals oc[cur] most frequently because handwri[t]prescriptions are misread, or beca[u]health professionals often work [so] quickly, and the names of medicat[ions] are so similar that the wrong on[e] pulled and delivered to the patient," [s]Linda Galodner, of the National C[on]sumers League, an advocacy group[] Washington, D.C.



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you can do

uest that your physician type your iption or at least write legibly and back to you so that you can note ug's full name, correct dosage and se. The prescription should not n abbreviations because they can ead to mix-ups.

en any health-care worker brings edication, always ask what you're given and make sure that it con- to the information your doctor has u.

n a doctor prescribes a new medi- remind him or her which others e taking to avert the possibility of l drug interactions.

ital-acquired infections

September 1, 1989, through the January 1990, sixty-eight patients oit Receiving Hospital came down harmful bacterial infection. As in- tors from the Michigan Depart- f Public Health later determined, lprit was a variety of a bacteria Acinetobacter, which is normally ardous to healthy people, but can erious illness or death in people e already seriously ill.

ctions from Acinetobacter—which ult to treat because it's become re- to antibiotics—are on the rise hospitalized patients. "But that didn't explain the kind of sharp increase in cases over a short time period that we found at Detroit Receiving," recalls William Hall, M.D., chief of disease surveillance at the Michigan Department of Public Health. Eventually, Hall and other investigators recommended that the hospital reinforce infection-control standards like hand-washing and sterilization of respiratory equipment.

Nationally, two million patients each year become ill from various "bugs" they pick up in the hospital. Blood-borne infections, such as hepatitis, also cause serious problems and have more than doubled in the past decade, according to a 1990 report from the Centers for Disease Control and Prevention.

Some hospital-acquired infections are unavoidable no matter how rigorous the facility's infection-control standards. For example, anyone who is given a urinary catheter for more than a week stands a good chance of developing a urinary tract infection, simply because the catheter creates an entryway for bacteria. But at least one third of hospital-acquired—or nosocomial—infections are preventable, according to the National Foundation for Infectious Disease. "Hand-washing between patients is the most important action that can be taken to cut down nosocomial infections," says John Froggatt, M.D., hospital epidemiologist at Johns Hopkins Hospital, in Baltimore.

What you can do

- Always ask health-care workers to wash their hands before they touch you. If they're wearing gloves, ask that they don a fresh pair before handling you.
- Take steps that can lessen the likelihood of invasive treatment: After surgery, drink all the fluids you can to ensure you void voluntarily and thus avoid catheterization. Also, try to get up and around as soon as possible and do any recommended breathing exercises to avoid the use of respiratory equipment.
- Patients over sixty-five—who are especially susceptible to hospital-acquired pneumonia—should, if possible, be vaccinated against both pneumonia and flu before entering the hospital.

Treatment errors

When Loretta Murrey, of Fox Lake, Illinois, kissed her husband as he was wheeled into the operating room three years ago, she never imagined it would be the last time she'd see him alive. Thomas Murrey, then sixty-eight, was undergoing surgery for prostate cancer detected at such an early stage that he was expected to recover fully after the operation. A veteran who won two Purple Hearts and a Bronze Star for valor in World War II, Murrey had chosen to have his *(continued)*

surgery at the North Chicago Veterans Hospital—a choice that proved fatal.

A 1991 report by federal investigators who were examining a pattern of suspicious deaths at the hospital revealed that while removing his prostate, surgeons inexplicably nicked an artery in Murrey's upper abdomen, nowhere near the site of the operation. During the night following the surgery, Murrey's blood pressure plunged as he hemorrhaged internally from the surgeons' blunder. Further negligence in care, including inadequate monitoring and excessive use of sedatives (provided by an insufficiently supervised staff of nurses and medical residents from nearby Chicago Medical School), caused Murrey's condition to deteriorate still more. By the following afternoon, Loretta's husband of more than forty-two years was dead.

In 1992, the Veterans Administration prohibited any further surgery at North Chicago Veterans Hospital. But that's just one hospital out of thousands in which similar problems may exist. According to a study published in 1991, Harvard researchers who analyzed 30,195 records from fifty-one hospitals in New York State found that nearly half of all injuries or deaths were caused by medical treatments associated with surgery; also, as many as 60 percent of injuries or deaths were attributed to negligence or substandard care.

The trend toward cutting costs by using "nurse extenders" in place of well-trained, experienced nurses may also be contributing to the problem of substandard care. A poll conducted by the American Hospital Association shows that 97 percent of hospitals now employ nurse extenders, who range from state-licensed practical nurses who graduate from standard nursing-education programs to patient-care attendants who may have only two to four weeks' training.

What you can do

■ Interns and residents can serve as an added set of watchful eyes for your supervising physician, but if anything beyond routine treatment occurs, insist that a senior physician be present.

■ If you need surgery, choose a hospital where that procedure is frequently done and a doctor who routinely handles that type of operation. Studies show that death and complication rates are lowest where procedures are done most often.

In selecting doctors and hospitals (see box), "Consumers should realize that while it may be easy and reassuring to believe that most physicians and medical facilities are equally good, it is also foolish and dangerous," says Walt Bogdanich, author of *The Great White Lie: How America's Hospitals Betray Our Trust and Endanger Our Lives* (Simon & Schuster, 1991).

Carmen Ramirez knows how valuable that advice is. "Nothing will bring my daughter back or take my pain away, but I have to talk about what happened," she says. "We're all in jeopardy when we allow hospitals to cover up this kind of negligence." ■

HAVE YOU BEEN THE **VICTIM** OF BAD HEALTH CARE?

As you can see from our report on hazardous hospitals, the care that patients get in some institutions can actually be harmful. As part of its ongoing report on the health-care system, the Journal is interested in hearing about any experiences our readers have had with negligent care. We would appreciate your taking part in our poll, by calling 900-773-5554 between 8 A.M. on Sunday, February 14 and 11:59 P.M. on Sunday, March 7. Each call costs 99 cents; touch-tone callers only. This is what you will hear when you call:

■ **What kind of negligent care have you, or someone you know, had in a hospital?**
Press 1 for an error in medication
Press 2 for a surgical error
Press 3 for unsanitary conditions
Press 4 for failure of hospital staff to listen to valid complaints

■ **Did your health, or that of the person you know, suffer as a result?**
Press 1 for yes
Press 2 for no

■ **Do you favor federal legislation that would require hospitals to undergo more frequent inspection, even if the cost of such inspections would increase your health-care costs?**
Press 1 for yes
Press 2 for no

This is the first in a series of Ladies' Home Journal special reports on the crisis in the health-care system. In the coming months we will be focusing on other aspects of this crucial issue. We welcome your comments and opinions. Please take part in our poll and/or write to LHJ, Dept. C, 100 Park Avenue, New York, NY 10017. We will publish a selection of letters in a future issue.

Finding the best hospitals

Choosing the best hospital care beg with selecting a doctor who is allia with a reputable institution and ch g you referrals to reliable specialis. check on the basic credentials of d tor, call your state licensing board in mation about any disciplinary ac taken against doctors is listed in th tional Practitioner Data Bank, wh available only to other doctors an pital administrators. But much of same information can be found book called *9,479 Questionable Do* which is published and revised an by Public Citizen's Health Rese Group, Dept. QD2, 2000 P. Stree #700, Washington, DC 20036. Fo you can order a copy of the book ings of doctors who have been di plined in your state.

When evaluating a hospital, yo check its accreditation status by a the customer-service line of the J Commission of Accreditation on Ha care Organizations at 708-916-5 While a hospital that is accredite is necessarily trouble-free, it's certa safer bet than a nonaccredited or one receiving conditional appro meaning it has serious problems that attempting to correct under supervis of the Joint Commission. Also check Medicare Hospital Information Rep which offers state-by-state listings death rates among Medicare patients different categories of illnesses in a hospital. It's available at some lo braries, or your state's volume ch ordered from the U.S. Government P ing Office (202-783-3238).

Studies on quality of care at hosp have indicated that teaching hospit those affiliated with a medical scho generally have lower death rates th other hospitals, as do facilities wh large number of board-certified spe ists and registered nurses. Similarly bility of nursing staff can be an indi of quality. Ask the patient represent to provide figures on the number board-certified specialists on staff percentage of nurses who are RNs the turnover rate among nursing staff rate above 20 percent annually is ex sive if the turnover wasn't due to fa such as budgetary cutbacks.



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- lb. smoked sausage, into bite-size chunks
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- n (15 oz) S&W quitos or S&W Chili ns, undrained
- n (15 oz) S&W Black ns, undrained
- 1 can (15 oz) S&W White Beans *or* S&W Garbanzo Beans, undrained
- 1 can (15 oz) S&W Kidney Beans, undrained
- Cilantro, chopped
- Garnish (optional) shredded Monterey Jack & Cheddar cheeses

uté sausage 3-5 min., stirring constantly. Drain ess fat. Add tomatoes, beans and cilantro; mix l. Cover, reduce heat and simmer 5-10 min., ring occasionally. Garnish with cheeses, if ired. Serves 6.

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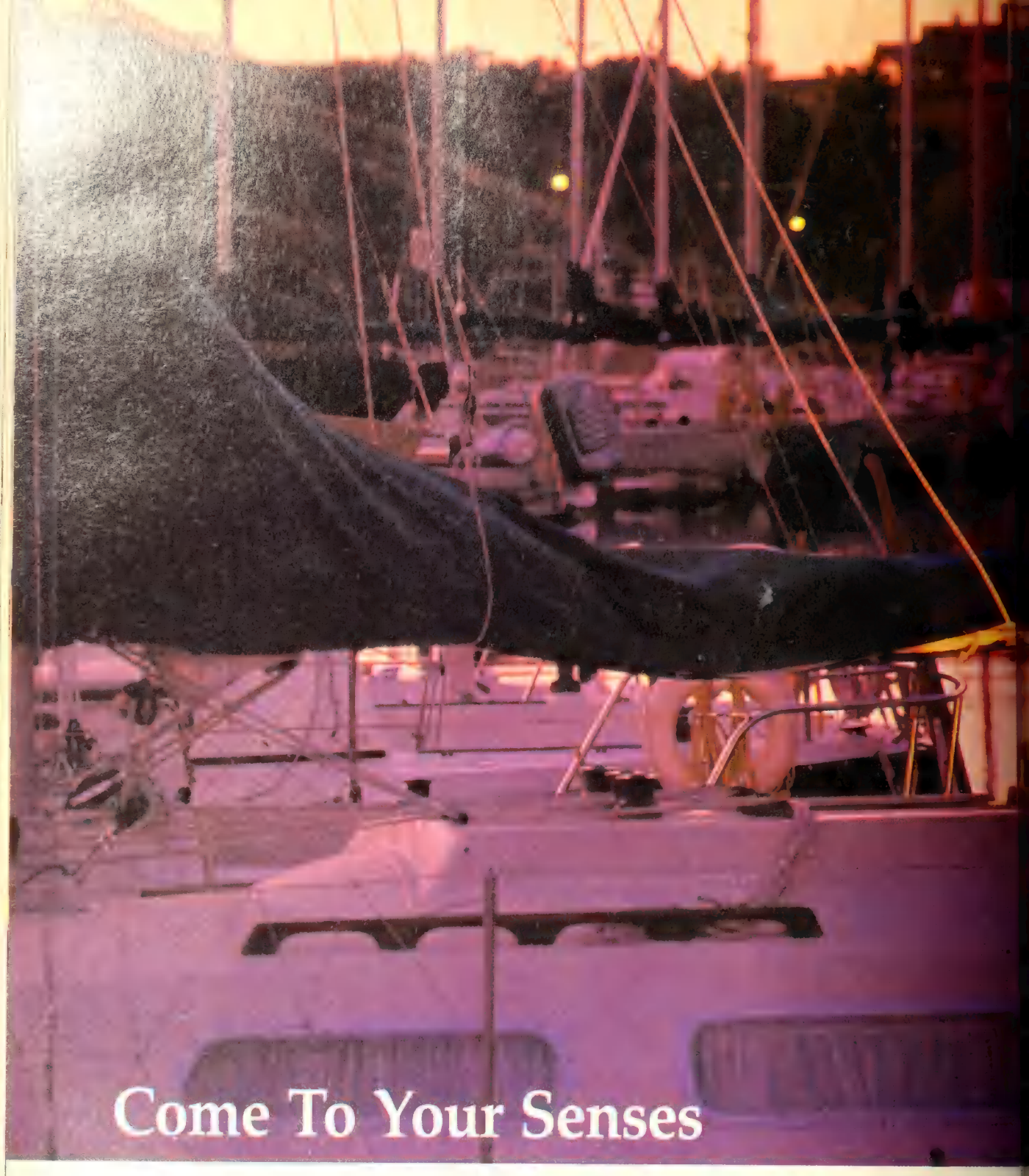
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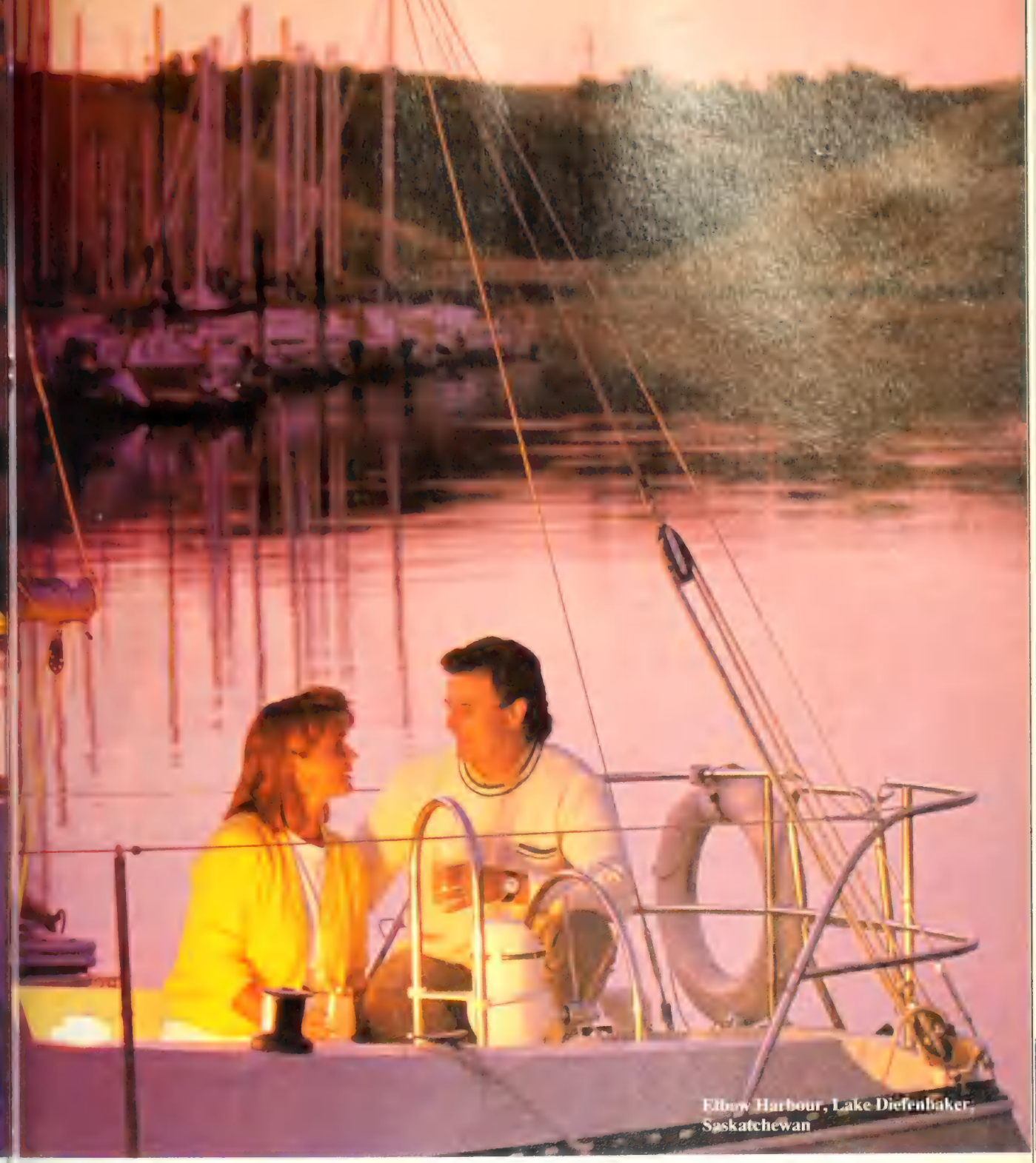


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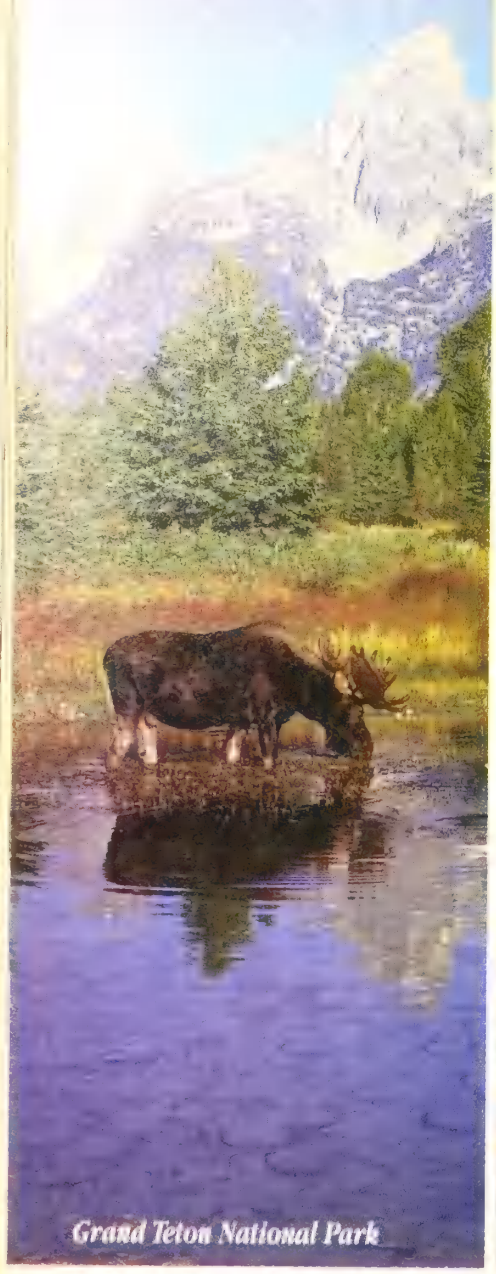
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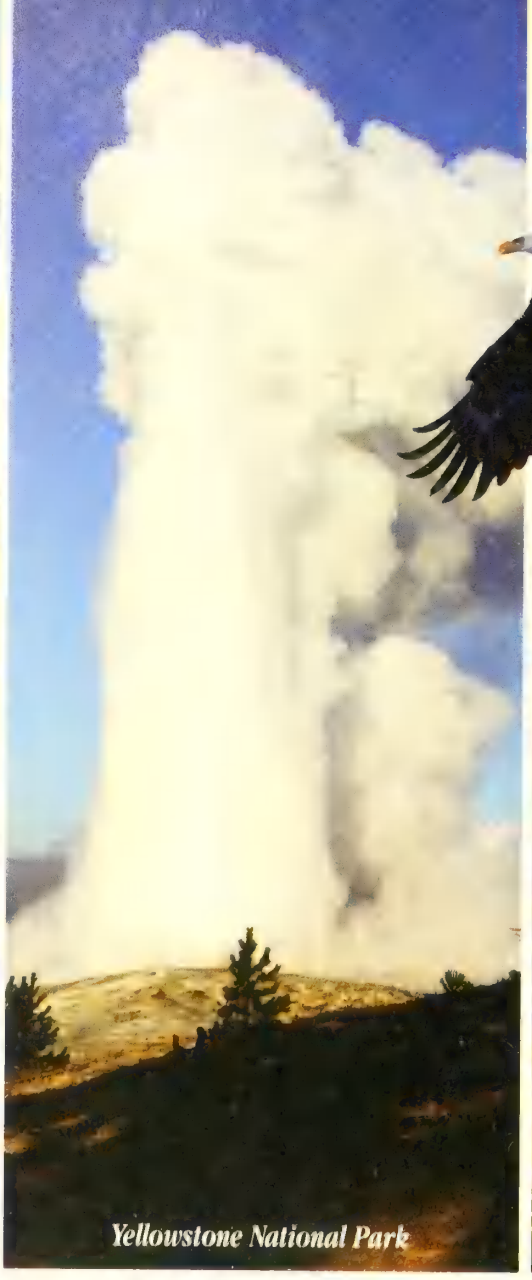
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rade in those city duds for boots and blue jeans at the historic Vee Bar Guest Ranch. Located at the base of the Snowy Range Mountwenty-one miles west of Laramie, ning, this twenty-six-thousand-acre l started out as a cattle ranch in the and later served as a stagecoach n the Overland Trail.

lay, the Vee Bar is owned by Duane usan Harm, and thanks to Susan's ıtor touch, the ranch combines a ense of the old West with all the rts of home. Three cabins and six l-story guest rooms all feature anfurnishings and artifacts from the s past.

focal point of the ranch's activities mplete riding program designed to modate beginners as well as ex- From beautiful morning rides to ıg rides through the woods, mountand meadows surrounding the there are plenty of options to keep sy. You can ride as much or as lityou like—it's your choice. When ırt to feel a little saddle-sore, you te a break and enjoy trout fishing Little Laramie River, which winds h the ranch. Or try your aim at the or trap-shooting range.

kids under twelve, the ranch has a "Little Buckaroo" program that es supervised riding lessons (or les), plus lots of games and activit the end of the week, kids can ff their skills on rodeo day.

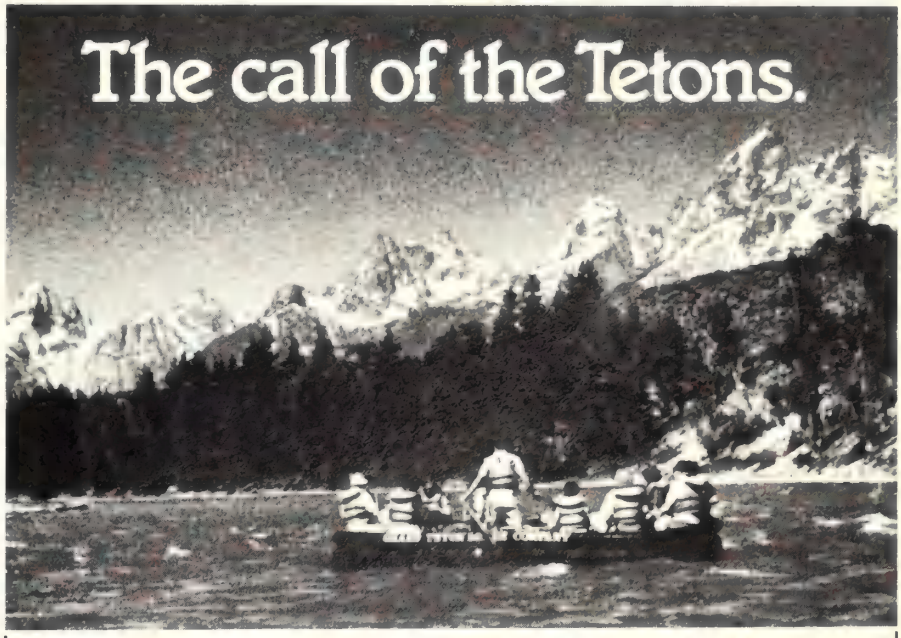
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ls in the ranch dining room are family style, with outdoor cook- variety. Specialties include prime ked Cornish game hens and that stern favorite, barbecued ribs.

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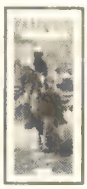
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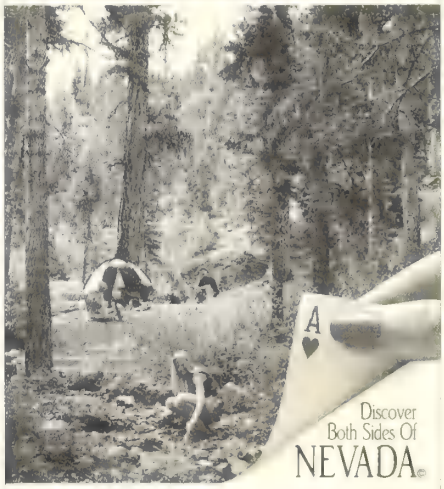
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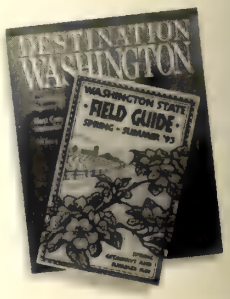
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...shown smaller than actual size. ...daughter is approximately ...seated height; granddaughter ...from head to toe.

continued from page 141

for years of negligent mothering. And when the money seemed to produce the desired effect, Betty Jo found it hard to stop—until two and a half years had passed and $1.4 million was missing.

Easy money

The bizarre steal-and-spend spree began in March 1988, when Priscilla's Volkswagen Rabbit was hit by a drunken driver. "That was around the time Betty Jo came to work here," says a former colleague at Scheu Manufacturing, a family-owned company that makes portable space heaters. "She and her daughter were barely on speaking terms then."

Believing that the insurance company would not replace the car, Betty Jo, an accounts payable clerk who generated all the company's outgoing checks, took a $10,000 company check intended for a client, remade it in her own name and bought her daughter a Saab. Priscilla was obviously pleased by the gesture; their relations improved so much that the two began talking on the phone several times a day.

Then came the next "emergency." And the next, and the next.

Using the same method, Betty Jo would take a stack of checks, have them signed, then take one of the signed checks, erase the name of the creditor with a correctable typewriter ribbon and type in her own. Then she would deposit it in her personal account, ready to be transferred to Priscilla's when she needed it.

Betty Jo volunteered to pick up the deposited checks from the bank—so no one else would see them—and would later send a second check to the proper payee from company funds. The company was never audited, and Betty Jo would always have a ready explanation if the company's controller noticed that a canceled check wasn't on file. The system was so simple that somehow no one ever noticed or thought to suspect her. "She seemed like such a good and loyal employee," says company president Allyn Scheu.

Fairest of the mall

Less than three months after the accident, now living off her mother's generosity, Priscilla launched her career as a "W.W."—mall slang for "wealthy woman." She soon became a popular figure around South Coast Plaza, finding her friends among the salespeople who worked at the exclusive shops there.

Priscilla's size-four wardrobe quickly expanded to include outfits by Adrienne Vittadini, Donna Karan and Sergio Tacchini, though she preferred casual wear for her shopping expeditions. A typical day might find her in Liz Claiborne slacks, a Polo shirt and Joan & David loafers.

Money was never a problem; Priscilla spent in excess of $6,000 a month—more than $100,000 at The Polo Store alone over the months of her spree. Whether Priscilla knew where the money came from is still in question. She claims she didn't—that her mother told her the money came from bonuses and inheritances. To her friends, she explained her situation by saying she worked for her mother. Dawn Kent, a store manager at the time, once sighed, "I wish your mom would adopt me!"

"I'll always remember her reply," Kent says, then pauses. "She said, 'It's not as easy as you think.' "

Humble beginnings

In 1990, a home-furnishings salesperson at The Polo Store introduced Priscilla to Matt Blanchard, who also worked there. The twenty-eight-year-old, with his blond hair and ingratiating smile, was a model of superficial perfection. Within a week, the two were engaged; Matt sported

Her stepfather suspected that Priscilla's money came from drug dealing. But she told him, "It's legal. Don't worry about it."

a $10,000 Rolex watch Priscilla had bought him.

Priscilla's lifestyle was as extravagant as her wardrobe. Betty Jo bought her a Porsche valued at $78,000—with cash—as well as a Jeep Cherokee and a $65,000 Mercedes.

For $1,800 a month, she rented a four-bedroom house in seaside Laguna Niguel and had it professionally decorated. The *Los Angeles Times* ran a story on home design featuring the Mediterranean-style abode.

Jackie Jacobson, the decorator whose work made Priscilla's house newsworthy, gushes about her former client. "You have to give credit to her mother. She brought up a lovely little lady [who acted] like she'd been to finishing school."

In fact, Priscilla's life had begun in a modest apartment in West Covina, where she lived with her mother while her father, Jaree Butler, served in Vietnam. When he returned, the marriage dissolved.

Home life was not particularly happy. When her daughter was four, Betty Jo married Monta Gibson, a pipe-valve-fittings salesman; Priscilla says she never got along with him. Gibson denies that they always fought, but admits he felt excluded by the mother and daughter.

By the time Priscilla was in school, Betty Jo had already begun showering her daughter expensive items; spending eventually helped to bring the family into bankruptcy.

Understandably, Gibson again became wary when he noticed his stepdaughter's latest purchases. He suspected that the high-rolling lifestyle could come from one source: dealing drugs—which he dismissed as unlikely. Priscilla's mother brushed aside his concerns, saying, "It's legal. Don't worry about it." Betty Jo assured Gibson that the money had come from her ex-husband, earmarked for his daughter.

As the Gibsons continued to live on their $55,000 household income, Betty Jo imitated the style of the Orange County rich. For her twenty-first birthday in 1989, she took her friends aboard the *Hornblower*, a chartered cruise ship that circled the San Diego harbor. For Christmas, she threw a lavish party at her home, complete with thousands of dollars worth of elaborate decorations. Says a guest, "It was odd; I recognized that most of the people there were store managers from the mall."

Who knew?

Like so many others, decorator Jackie Jacobson didn't question the source of her young client's funding. "I took her and her mother out to lunch," she says, "and there was nothing in the world that would make you suspicious. They seemed very bonded to one another."

But as Betty Jo began taking more and more money, she became increasingly fearful. "She was always nervous, kind of very moody, very quiet. Everybody thought her as grumpy, and she was often short at her husband," says a colleague.

The clerk never socialized with co-workers or revealed any personal details except for occasional references—seeming not to sound like she was bragging, a colleague says—to her daughter's glamorous life. "My co-workers were surprised that her daughter was in such high competitions," says an officemate, "because Betty Jo seemed kind of poor."

One deposit too many

All those who were present the day Betty Jo was caught said she seemed relieved that it was over. Certainly it would have been hard to keep up much longer with her daughter's insatiable greed. In the three-month period, Priscilla had charged through $110,000—$52,000 of it in a single month alone.

She had ordered a four-wheel-drive Mercedes station wagon as a gift for her fiancé, made plans for an elaborate November wedding, and was about to buy a $488,000 dream house in Laguna Niguel. She had accumulated so many things that police had to rent

e units to hold the goods after
ere confiscated.
August 21, 1990, Betty Jo tried
osit a Scheu check for $45,000
r account. A suspicious bank of-
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ng, detectives Jeff Mendenhall
eve Adams confronted Betty Jo
desk.
detectives had only five checks.
hought they were dealing with
an $200,000. The rest had yet to
p with Betty Jo. "What did you
the money?" they asked.
said, "I put some money into my
and checking accounts, and gave
daughter."
le her mother was being arrested,
a was driving Jackie Jacobson to
custom cabinetry that was being
for the house. When she called
and heard the news, Priscilla
d off the decorator and headed for
As she was about to leave, the po-
ived with a search warrant.
the early hours of the morning,
ectives roamed the house, finding
furnishings, jewelry and art. It
forty-foot storage van to haul the
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cilla was arrested that night on a
of receiving stolen property and
o jail, where her mother was al-
eing held. Later, Betty Jo told the
ves that she kept intending to
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cilla had bought her house.

ad mother

months later, both Betty Jo and
a entered guilty pleas. Betty Jo
always, protective of her child,
g to take the whole rap herself.
looked nondescript and sad
hout," recalls San Bernardino
deputy district attorney Michele
e Daly. "She cried and pleaded,
hey let my daughter go?' "
pril 1991, the judge slapped Betty
the maximum sentence of five
r grand theft. Before she went to
Betty Jo made an elaborate con-
to the detectives. Mendenhall
eporter after the sentencing, "Bet-
aid it was all to compensate for
years of botched motherhood;
e was just nineteen when Priscilla
m, that she had never wanted to
other and that her daughter grew
wing that."
Jo went on to say that instead of
Priscilla attention, she would
the girl off to her bedroom to
TV or talk on the phone. "I guess
my [own] mother and stepfather
o buy *my* love, I figured that was
y way I could try to be a mother to
e said to the detectives.
cilla Butler, on the other hand,
go without a fight. Frightened by
her mother's sentence, she offered to help the authorities find and inventory all the stored stolen goods. The detectives showed up at The Polo Store one day with a search warrant and retrieved the Rolex from Matt Blanchard. He later turned in a quantity of clothes and other items that had come from her.

After the arrest, Matt immediately distanced himself from his fiancée. There was insufficient evidence to prosecute him on charges of receiving stolen property. Priscilla proceeded to seek out a surprising ally—her father, Jaree Butler. He accompanied her to court several times.

Priscilla tried any sympathy tactic she could think of to stay out of jail. She blamed her mother for solving problems with gifts and giving her everything but attention. She conceded in writing that perhaps she should have tried harder to find out where the money was coming from. She accused the Scheus of mismanaging their finances. She claimed in court documents that her stepfather had molested her as a child, and that Betty Jo's gifts were a means of atonement for not protecting her from the abuse. Both Gibson and Betty Jo deny the charges.

Judge Havens called Priscilla's efforts at repentance "too little, too late." He sentenced her to two years' imprisonment—the maximum allowed under a plea bargain—and ordered her to pay $1,000 to a state victims' restitution fund and $5,000 to Scheu Manufacturing.

The wages of sin

In the end, the once-distant mother and daughter did spend time together—at the California Institution for Women, where Priscilla served one and a half years (including time served at another prison since her arrest) and is now off parole. Betty Jo was transferred to a minimum-security prison in Malibu, and at press time was expected to be released later this year.

A total of $800,000 in merchandise and cash was recovered, and about $500,000 worth of goods was sold seven months after the sentencing in a huge public sale by the Scheus in an attempt to recoup some of their losses.

Betty Jo and Priscilla don't see or speak to each other much these days, though Betty Jo phones from prison sometimes. "No, Priscilla never said she was sorry. She's not the type to say, 'I'm sorry,' especially to the family. [But] Betty has apologized to me many times," says Gibson. "Betty is a good person, and I care about her."

Priscilla, her fantasy world in tatters and her would-be husband out of the picture, was last known to have worked in a pizza parlor. She has also been spotted recently at the South Coast Plaza mall—this time, though, without any shopping bags. ■



Crunchy Chicken-Cheese Bake

PREP TIME: 10 MIN. COOK TIME: 25 MIN.

8 skinless, boneless chicken breast halves
4 slices Swiss or American cheese, each cut in half
1 can (10 3/4 oz.) Campbell's® Cream of Chicken Soup
8 thin tomato slices*
2 tbsp. margarine, melted
1/2 cup Pepperidge Farm® Herb Seasoned Stuffing, crushed
Hot cooked rice

1. In 3-qt. oblong baking dish, place chicken. Top with cheese.
2. Stir soup and spread over cheese; top with tomato. Combine margarine and stuffing; sprinkle over tomato.
3. Bake at 400°F. 25 min. or until chicken is no longer pink. Serve over rice. Garnish with fresh oregano if desired. 8 servings.

*If desired, omit tomato; combine soup with 1/4 cup milk.



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Mm! Mm! Good!

travel planner

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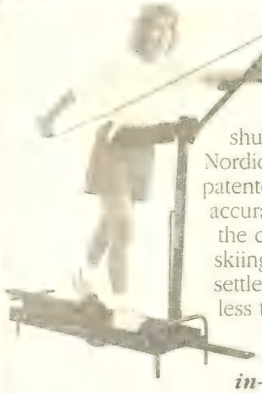
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SOFT FOCUS MAKEUP Page 144–147 TULIP SHOT: All makeup by L'Oréal: Soft Effects Eyecolour in Terra, Blush, and Buff (as highlighter); Colour Riche Lipcolour in Desert Flight; Lip Precision Self-Sharpening Lip Liner in The Nudes; Brow Elegance Enhancing Brow Liner in Soft Brown; Accentuous Precisely Defining Mascara in Black Brown; Microblush Softly Sheer Cheekcolour in Camellia; Lightnesse Light Natural Makeup in Sand Beige; Mattique Conceal Oil-Control Cover-Up in Light; Mattique Softly Matte Pressed Powder in Light Beige. SUNFLOWER SHOT: All makeup by Cover Girl: Cover Girl Professional ColorMatch Eight Kit Shadows in Sonoma Sunset shades used: Iced Lemon (on browbone), Suede (in crease), Peach Nectar (on lid); Cheekers Powder Blush in Peachsicle; Professional Mascara in Black Brown; Pro ColorMatch Brow Enhancer in Honey Brown; Extremely Gentle Hypo-Allergenic Make-Up in Natural Beige; Invisible Concealer in Light; Extremely Gentle Hypo-Allergenic Pressed Powder in Translucent Light.

THE NEW AMERICAN HOME 1993 Pages 153–158 Interior design, Michael Foster, 212-874-0066, and Charles Riley, 212-473-4173, NYC. Unless otherwise specified, all furnishings and accessories are available through the Spring/Summer 1993 Spiegel Catalog and specialty catalogs. Call 800-345-4500 to order the Spring/Summer Catalog, $3, and get a $3 merchandise certificate. All silk trees and plants, Plantwork, 702-795-3600. FAMILY ROOM: wicker wall baskets, set of two, $44.90; gold cotton rug, $99.90; red and navy longhorn pillows, $19.90 each; red worn end table, $129, two or more, $89.90 each; wood picture frames, set of two, $59.90; dog bench with hydrant, $149.90; iron "S" table lamp, $69.90. Piedmont High Leg Lounger in seafoam fabric; Geneva sofa in Aztec fabric, American Home Collection La-Z-Boy Chair Company, 313-242-1444; CompaTables Memphis drawer end table; Geneva loveseat in Aztec fabric, American Home Collection La-Z-Boy Chair Company. Floor tile, Triad flooring in Athens Gray and in Corinth Beige, American Olean, 215-855-1111. Diamond-weave toss pillow, $19.99; hand-loomed pillow in beige, brick and olive, $12.99; Russian church birdhouse, $119.99; ceramic umbrella stand, $49.99; fruit/leaves platter, $21.99; willow-handled basket, $9.99; marble top, $179.99; Medici coffee table, $149.99, Pier 1 Imports, 800-447-4371. LIVING ROOM: black/tan plaid chair, $499; black/tan ottoman, $299; cherry column table lamp, $69; tri-column black floor lamp, $129; twine and metal bowl, $59.90; snake sconces, two for $49.90; red cotton rug, $99.90; wicker bistro table, $200; red vase, $20; Legacy sofa in linen, American Home Collection La-Z-Boy Chair Company; Embroidered toss pillow, $24.99; brass work box, $9.99; Sun plaque, $79.99; bamboo octagonal green box, $29.99; basket with iron legs, $34.99; heavy willow-handled basket, $39.99; ciao coffee table, $99.99; dynasty chair, $129.99, Pier 1 Imports. Andersen Windows, 800-426-4261. Paint, SW1366 Harvest Moon, Sherwin Williams. Carpet, XPS Carpet of Trevira fiber, #408 Sterling, Lees Carpets, a division of Burlington Industries. All fabric protected by 3M Scotchgard. DINING ROOM: wicker chairs, $150 each; hand-blown glass candleholder, 7", $23.90, 9", $27.90, 11", $31.90; pillar beeswax candle, 9", $29.90, 6", $21.90; Pfaltzgraff "Midnight Sun" dinnerware, $59.90; brass shell chargers, set of four, $50; terra-cotta wine cooler, $16.90; Retroneu "Superior" stainless service, $149.90; Mexican glassware, set of four wine glasses, $29.90, double old-fashioned set, $29.90; marbleized cannister set, $39.90. Triad flooring in Athens Gray and in Corinth Beige, American Olean. Duette Honeycomb Shades, Hunter Douglas Window Fashions Division, 800-227-8953. Tablecloth fabric, Rococo, by Braemore Textiles, available through interior designers and fabric stores. Chandelier lampshades, Ballard Designs, 404-351-5099. Paint, SW1346 Perky Peach, Sherwin Williams. BREAKFAST AREA: solid pine bookcase, $499; animal prints, set of two, 69.90; flatware, $24.90; cobalt pitcher, $24.90; covent garden tablecloth, $29.90; white ladder-back chairs, two or more, $59.90 each. Vase fruit fasano, $39.99; green metal plant stand, $99.99; Mexican glass pitcher, $12.99; Marylka French bread basket, $17.99; Savannah dining-table base, $199.99, Pier 1 Imports. KITCHEN: Rattan sphere and stand, $24.90; large birch candles, $24.90 each; small birch candles, $19.90 each; Nancy Calhoun dinnerware set, $69.90; black/white kitchen-towel set, $19.90; Calphalon cookware set, $399.90; KitchenAid mixer, $249.90; cutlery set, $39.90; natural/white barstools, $39.95 each. Assorted spices, $3.99; "Fish Net" celadon tea set, $16.99; blue/white compote, $21.99; solid oak salt & pepper mill set, $14.99; wooden spoon set, $3.49; wooden salad set, $9.99; assorted black/white tea towels, $1.99; fruit/leaves platter, $49.99; green glass pumpkin jar, $44.99; fancy glass canister, $16.99; square spaghetti jar, $19.99; square storage jar, $7.99; square oversize wine bottle, $29.99; tall skinny glass bottle, $5.99, Pier 1 Imports. Superba Microwave-Convection/Thermal-Convection combination oven, Create-A-Cooktop System, dishwasher, refrigerator, KitchenAid, 800-422-1230. Countertops, Gibraltar by WilsonArt, 800-433-3222; in Texas, 800-792-6000. Cambric Full-overlay Pickled Oak Cabinets, Merillat Industries, Inc., 800-624-1250 (upper cabinets feature Mullion-Glass doors). Backsplash tile, Satinbrites Almondine and Lite Sterling SP8208, American Olean. Metropolitan toaster, food steamer/rice cooker, mincer/chopper, Black & Decker, 800-323-1946. BEDROOM: ivy picture frame, $29.90; ivory wood candlestick lamp, $49.90; Louis Nichole "Prima Donna" comforter, $99.90; Trellis sheet set, $49.90; Trellis bedskirt, $34.90; shams, $24.90 each; pillows, $14.90 each; dome-style full-size canopy bed, $799; coral textured wallpaper, double roll, $19.90; coral arch border, $24.90 per roll; mahogany shaker secretary/armoire, $1,299; ivory tilt-top table, $199; ivory wing-back recliner chair, $349; violet prints, set of two, $49.90. Verdigris brass frame, $12.99; glass starfish paperweight, $12.99; aluminum/wood/glass frame, $29.99; porcelain 6" seafoam vase, $5.99, Pier 1 Imports. Drapery and pillow of Trevira FR flame-resistant fabric in Rococo by Braemore Textiles. XPS Carpet of Trevira, Temptress in Caramel #354, by Lees Carpet. All roof windows and skylights by Velux. For free brochure including product information and dealers list, call toll-free 800-283-2831.

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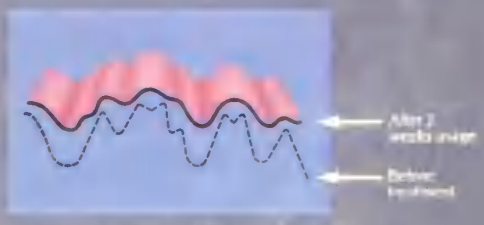
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Information, please



Ladies' Home Journal has just become one of the sponsors of a wonderful new organization called The Women's Resource Center of New York, Inc. This group, the brainchild of Executive Directors Joslyn Levy and Christine Merser, has a simple but significant goal: to help make women better informed. The Center has compiled masses of places to go for information about women's issues and women's health, the kind of details women need to know—frequently during a crisis. They share this information with callers; and starting with this issue, they are going to help share it with our readers. *LHJ* has often added boxes to articles, giving women places to call or write to find out more about a subject. Well, from now on, wherever appropriate, you'll find even more comprehensive and, we hope, helpful listings.



At The Women's Resource Center of New York (from left): Christine Merser, executive director, Belinda Blum, coordinator, Joslyn Levy, executive director

Also, Chris has made some good suggestions that will aid you in finding organizations and services for women near where you live: Any library's reference collection contains directories such as *The Encyclopedia of Associations, Regional, State and Local Organizations*, which can help you to identify resources in your own area. Next try the local chapter of the National Organization for Women. Colleges and universities as well as local and state government offices for women can be helpful. (Most states have some kind of centralized office for women's affairs.) And don't forget the White and Yellow Pages; try looking under Women.

Finally, here are the phone numbers of four national organizations to keep handy: The National Women's Health Network, 202-347-1140; The National Health Information Center, 800-336-4797; The National Women's Law Center, 202-328-5160; and The Women's Legal Defense Fund, 202-986-2600.

We hope you like this new addition to *Ladies' Home Journal*—and this bountiful spring issue.

Myrna Blyth

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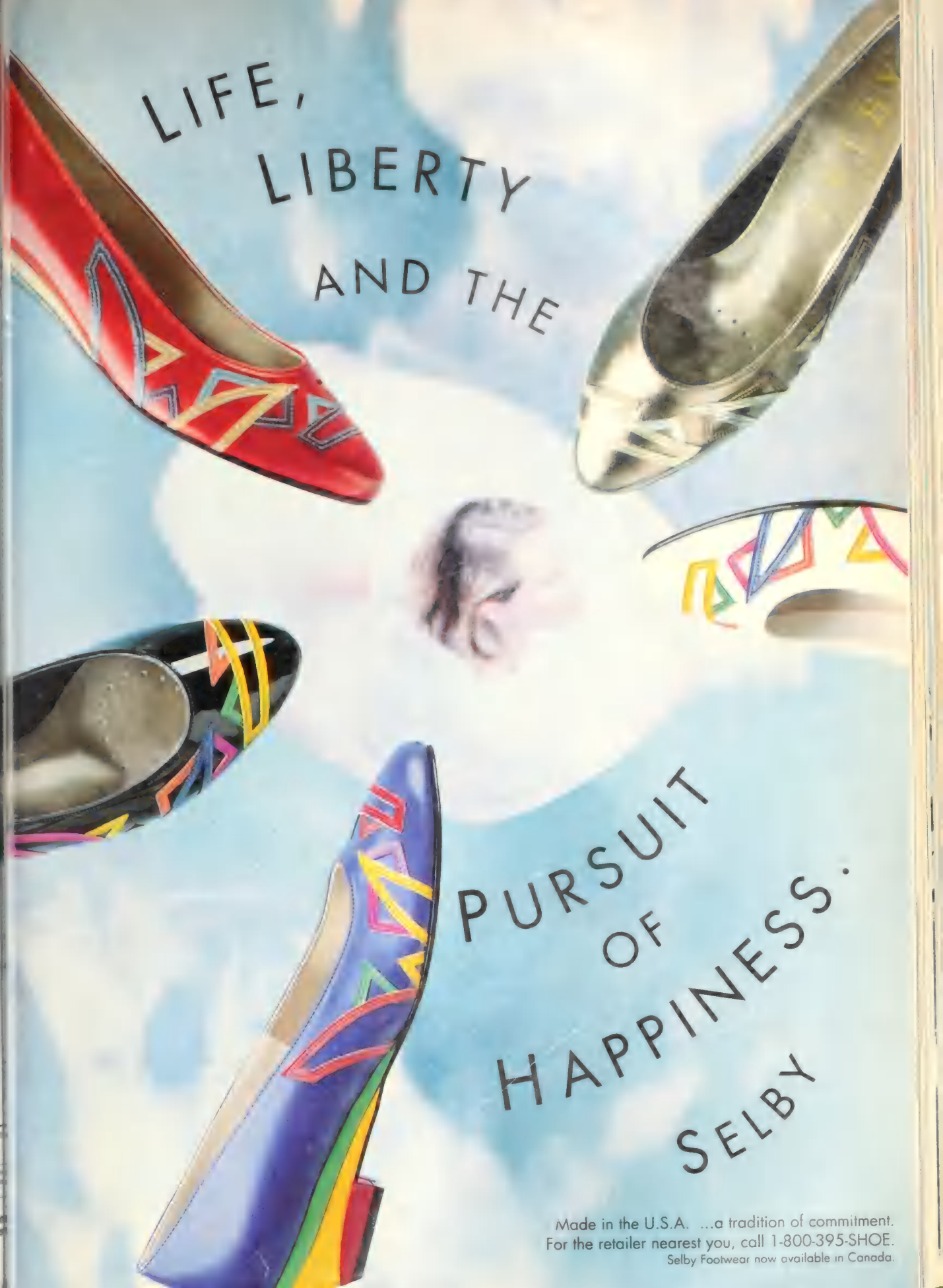
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"He never listens to me"

BY MARGERY D. ROSEN

CINDY'S TURN "I'm desperate to get out of this marriage," said Cindy, thirty-two, a petite blond who spoke so quickly it was hard to keep up with her. "When Steve pulled me out of the car by my hair and hit me in front of the kids, I knew I couldn't continue this charade one second longer.

"We've been married six years, and if I wasn't so dense, I'd have realized this marriage was doomed from the beginning. Steve told me when we were dating that the two great loves of his life were hunting and fishing. 'If you don't like it, then we shouldn't get married' was the way he put it. Of course, I thought he was joking.

"The thing is, Steve reminded me so much of my father. Quiet and shy, he seemed so down-to-earth. I grew up in a really traditional family; my father was a mechanic, my mother, a homemaker, but since Dad was either working or exhausted when he got home, Mom ran the show.

"I'm one of nine kids, the second oldest, and I have a twin sister, Stacy. My sister and I are identical, and though we always got along—my parents insisted we be close—I felt this constant competition with her. Stacy cornered the market on goodness. If something bad happened, I got in trouble for it, even if I had nothing to do with it. My parents would say, 'Stacy? She'd never do that!' If I tried to defend myself, they'd cut me right off. Stacy was slim and pretty, while I was forever fighting the pounds. She was smart, and I struggled for every B.

"I always dreamed of being a newspaper reporter, but I never pursued it. After graduating from college, I moved back home and found a job at a camera store in the mall to make some money and think about my future. I met Steve at a club one night after work. He was four years older, working in construction, building residential homes. We started dating, and I found myself falling in love.

"Steve was scared of getting serious, though. When I told him I wanted to get married, he said he wanted to date other people. I was heartbroken, but my sister fixed me up with her boyfriend's friend, and we went out a couple of times. When Steve found out, he told me he couldn't stand not being with me and asked me to marry him.

"After a honeymoon in Florida, we settled into our life. Every *(continued)*

THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF JANE GREER, PH.D., A MARRIAGE AND FAMILY THERAPIST IN PRIVATE PRACTICE IN NEW YORK CITY. THE STORY TOLD HERE IS TRUE, ALTHOUGH NAMES AND DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.


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Saturday Steve would go hunting with his brother and friends—the same group since grade school. At first, I really didn't mind. I was working, and on weekends, I had a hundred million things to do, so I didn't really miss him that much. I was upset, though, when he didn't come to important events, like my grandmother's eightieth birthday party.

"Just after our six-month anniversary, I got pregnant with Jenny. We hadn't planned on having a family right away, but we were pleased—and then everything started to fall apart.

"Pregnancy is not my favorite time of life. I looked green and felt awful. It didn't help that Steve always made such a big deal about physical attractiveness. He lifts weights and is clearly proud of his body, and he'd often make comments about mine. When we got married I weighed 102 pounds, and he joked that if I put on one ounce, he'd divorce me.

"Once the baby was here, I started to really resent Steve. I had quit my job at the store, so I was home all week in a one-bedroom apartment with an infant. By the end of the week I was dying for a change of scene, but Steve was not about to change his plans. I tried to tell him this was not a marriage, but he never took me seriously. 'Is this our monthly discussion? Aren't you finished with this yet?' he'd say. You know what else he said? 'You may not do anything all week, but the weekend is my only time to relax.' Or he'd read the newspaper and pretend to listen by saying uh-huh, uh-huh every so often. How come everyone else's life changes when they get married and have kids except my husband's?

"When Jenny was seven months old, I found out I was pregnant with Brian. I was so upset. Nine months later, there I was with two kids in diapers and a marriage in trouble.

"Steve and I started fighting a lot about our sex life, which was great before we got married, but now was practically nonexistent. But is this my fault, too? Making love with Steve has become a chore; he wants it all the time, but I'm so angry, it's the last thing I want.

"Since four people in such a small apartment was impossible, we bought a one-acre lot up near Steve's hunting club—a two-hour drive from my family and friends—and Steve started to build a house. The problem is, he never asked me if this was okay. He did all the work on weekends and not once did he suggest I come and take a look. Besides, what would I do with the babies?

"Steve expected that after we moved everything would be fine, but, honestly, how could it be? Two days before Christmas, he moves me to this huge house, so now I have ten rooms to clean, two babies to take care of and not a soul to talk to. Most of the rooms have stayed empty because we can't afford furniture. The little things that have to be done to make a house a home still weren't getting done.

"How can he be so selfish? I was getting more and more upset, so my sister suggested I see a therapist. I knew that Steve would be furious—he's not the kind of man to talk to a stranger about his problems. But I was desperate. . . .

"That's when I had an affair with my third cousin Pete, someone I'd heard about but never met until my first cousin's wedding last August. Steve wanted to go fishing, so I went with my sister and her husband.

"Pete wasn't married. I knew he was undependable, bouncing from one job to another, but he was very sexy, very suave and very attentive to me. For the first time in a long time, I felt like someone finally had a little time for me. I started leaving the kids with my mother for an afternoon, and I'd drive over to Pete's.

"But then Pete needed some money fast to pay off a 'loan.' He never told me what

"I was out of control when I found those love letters in her drawer," said Steve.

for. I didn't know what to do. I wasn't thinking clearly. I can't believe I did this—I know it was foolish—I put a lien on my house to get him the money he needed. He promised to pay me back with interest, but so far I haven't seen a penny. In fact, I don't even know where he is.

"I don't think Steve knew about all this until he found love letters Pete had written to me hidden in my dresser drawer. That afternoon is seared in my memory. I pulled into the driveway, with the kids in the backseat of the van. Steve came out of the house with a look on his face like a wild man. He pulled me out of the car. The kids were screaming; I was screaming. He was kicking and pushing me, saying he was going to kill Pete. To this day, my four-year-old is having a lot of temper tantrums, screaming and saying mean things to the other kids. And Jenny's kindergarten teacher is concerned about her progress.

"Anyway, the situation was impossible. I packed my things, took the kids with me and went to my mother's for the night.

"That was on a Friday. On Sunday, Steve came over. He said he didn't want to get divorced, and I don't either, so I went back. But I know Steve; he's so angry, he'll never trust me again. He checks the mileage on the car to see how far I've driven each day. He quizzes the kids. We need help. We can't live like this."

STEVE'S TURN "I agreed to come to counseling—but only once. I don't think I'm going to get a fair shake here," said Steve, thirty-six, a muscular man in a denim shirt and jeans.

"I was brought up to believe a person should be able to work out his own problems. My father was in the Army, and when he retired he started a small construction company. He worked long and hard, sometimes seven days a week. My mother was the one who raised us day-to-day. It couldn't have been easy, but you didn't hear her complaining.

"I wasn't a bad kid, but I got into trouble a lot—things like cutting school. I always got along with everyone and had a lot of friends. But the thing I remember best about growing up was going hunting and fishing with my dad. I loved the peacefulness of the woods, the smell of the outdoors. My dad and I didn't talk much, but he seemed much friendlier when we were hunting than at home.

"After high school, I started working with my dad, and about four years ago I went off on my own. I wasn't looking to get married, but I was attracted to Cindy. I was quiet, and she was cute and bubbly. I think I loved her, but it all happened so fast. I started to feel like the walls were closing in on me, so I told her I wanted to see other people. But when she started dating someone else, I realized how much I wanted her.

"The first couple of years, things were good. At least I thought they were. Cindy started to change after the babies were born. I know she thinks I was selfish, but I had a lot going on then, too. Long days of backbreaking work, every spare minute spent building our new house. Instead of being happy and proud, she resented the house and refused to drive up to look at it. She could have left the kids with her mother or sister. She managed to do that when she wanted to, didn't she? She makes it sound like I bought the property and built the house in secret. Well, that's not the way it was.

"I can see now that I left all the child care to Cindy. But I never thought it would bother her so much. When we were dating, she'd go on and on about how she wanted a big family, like the ones we grew up in, and a house in the country. To be honest, I think I was scared of the kids when they were little. I feel a lot closer to them now.

"But it's clear Cindy can't stand me. I walk in the door exhausted, and she attacks. If you saw the looks she gives me or heard the sarcastic tone in her voice, you'd be defensive, too. Most of the time I get the silent

(continued)


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treatment. And forget sex. She never wants to make love. It's making me feel, well, unattractive; like I must have lost it. And then she goes off and has this affair.

"About this weight business. I never meant for her to get the idea that I thought she was fat. She took my comments the wrong way, and I'm sorry about that.

"But for all the rest, under the circumstances, I think I've handled myself as well as anyone could. I was out of control when I found those letters from Pete. I felt a pain in my body I'd never experienced before.

"When I confronted her, she lied. She insisted there was no affair, that she just felt sorry for the guy. But then to find out she'd loaned him $1,500. . . . Forget about it.

"The day I hit her I had lost all control. I feel terrible that my children saw me like that. But I think it's because of those kids that I'm here now. I always said that if my wife ever cheated on me, I would never take her back. But now I've got too much to lose. I want to calm down . . . to figure out a way to make this work. But I've been hurt so badly, I don't know if I can trust her again."

THE COUNSELOR'S TURN

"Both Cindy and Steve felt betrayed and unloved, yet there was so much anger it was impossible for them to talk," said the counselor. "I suggested they see me separately for a few sessions so I could find out more about each of them.

"Steve balked at scheduling regular sessions until I told him that if he wanted to save his marriage, he had to make at least a six-month commitment to come and talk. 'At the end of that time,' I told him, 'you will know if you should stay together or if you should lead separate lives.' That made sense to him, and so I saw each of them individually for two sessions, then jointly.

"From the beginning, this relationship was rooted in doubt. Cindy never forgot that Steve had wanted to date others. When he continued to put her last in the marriage, her feelings of worthlessness deepened and she felt devalued and unattractive. In her mind, everything was on his terms. However, she was unable to voice those feelings. In a sense, her affair was a cry for attention and affection.

"Cindy was ready to leave the marriage. She had grown up competing against her smarter, prettier twin sister, and she considered herself the bad twin. As one of nine children—and especially because she was a twin—Cindy had to jockey for her mother's attention. She often felt overlooked and unimportant—the same feelings she later experienced in her marriage. Also, as a child and again in her marriage, she never believed she was entitled to express how she felt.

"Before Cindy could relate to her husband in a positive way, she had to feel better about herself. Once she did, she would be able to express her feelings and ask for the things she wanted directly instead of simmering with resentment or exploding with sarcasm.

" 'You may think you're talking to him, but you are in fact accusing him,' I pointed out. 'It's imperative that you count to ten or leave the room—anything to give yourself a chance to think before you open your mouth.'

"Steve was justifiably distrustful of Cindy. The oldest of five, he had been raised in a traditional family by a mother who was content to keep house and raise the children. Since she never complained about her role as homemaker, and since Cindy, too, seemed happy at first, Steve was surprised by what he saw as an about-face in her attitude.

"Steve's military father had instilled in his son the macho motto, Don't get mad; get even. As a result, Steve was raised to fight things out rather than talk them through. Cindy was right that Steve ignored her. As I watched them interact in my office, I could see that when she tried to tell him what was bothering her, he would either not respond, counter her comments or start another completely different topic.

" 'No wonder she feels invisible,' I told him. 'Even if you don't agree with her, you must acknowledge her comments.'

Skill builders
Trivial pursuits

Both men and women in counseling often complain they feel misunderstood by their partners. "She doesn't care about me" and "He thinks only about his needs" are frequently heard and are similar to one of the basic problems that troubled Cindy and Steve: They trivialized each other's concerns. Many times, couples are unaware that they are doing this. To break the habit, make sure each of you not only listens to what the other is saying, but responds concretely to it. Don't let a thought or question hang in the air unanswered. Instead, note that you've heard it, and state clearly: "I didn't realize you feel that way" or "I understand where you're coming from, but I want to explain why I see it differently."

Part of the problem was that Steve wa unaware that he had fallen into thi habit; he didn't know how to communi cate, to give his wife a signal that h heard her. Part was due to the fact tha he assumed she understood what h meant (the weight issue was a good ex ample). And part of the problem was tha he had an explosive temper that he ha to get under control.

" 'Your best revenge against Pete is t make your marriage better,' I told Stev 'so that in the future, nothing can com between you.' In time, he became mor comfortable expressing his feelings to m and listening to Cindy and respondin concretely to her. 'That's the first step i working out joint decisions,' I told them

"On their own, they decided to reserv twenty minutes to a half hour after din ner as their time for discussion. 'We te the kids that this is Mom and Dad's tim to talk, and we put on a video for them t watch. We do this religiously,' Cind said. I was delighted at this suggestion— since they had become parents so soo after marrying, they had had little ge ting-to-know-you time. However, I cau tioned them initially not to discuss an charged issues when I wasn't there to m diate, since such conversations often e calate into a 'you-cheated-on-me' fight.

"As Cindy learned to express herse calmly, Steve learned to say, 'Well, I ca see you may feel like that, but I don't se it that way.' This told Cindy that eve though he disagreed with her, he was li tening and respected her feelings.

"Cindy agreed that she had assume Steve would magically figure out why sh was upset. Now she is trying to contro the anger in her voice. Instead of scream ing, she's learned to tell him there a some things she needs to talk about. Sh also schedules an appointment to talk i stead of jumping on him the moment h walks in the door. 'I feel calmer ju knowing that we'll talk later,' she said.

"As the general tension eased, their se life improved. Steve still finds himse asking Cindy too many questions fro time to time, but he feels better becaus Cindy initiates sex more and is more lo ing toward him in general. Because h feels more secure, he believes Cindy whe she says she's tired. They have still n received the money from Pete, but Stev has become less upset about it. Both o them agreed that the children shoul see a professional counselor, and I hav recommended someone.

"After nine months, Cindy and Stev decided to scale back counseling ses sions. And, while Steve still spends tim fishing, Cindy knows she's number on 'I was angry because he cared about fish ing much more than he cared about m As long as the marriage and the kid come first, the rest doesn't matter. I fe like we're a family—finally.'"

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"I want justice for Laura"



I'm working to change the law that let my daughter's killer go free—perhaps to murder again

BY BARBARA GRIFFIN

Most women dread their fiftieth birthday, but on that day four years ago, I felt like the luckiest woman in the world. My husband, Bob, and I were about to celebrate thirty years together, and we had raised three wonderful daughters, Terry, Kathy and Laura. The girls and their husbands gathered around me, playfully teasing me about getting old. "You'd better enjoy it, because the next one is going to be worse," warned Laura's husband, Mark.

At the time, my son-in-law's words were a joke. Now I know they were an omen. Nine months later, twenty-four-year-old Laura was savagely murdered—by Mark himself. To compound our grief, he was acquitted on an insanity plea with the help of a clever defense attorney. My faith in the courts crumbled, and I began an ongoing crusade to change the state criminal-justice system.

I'm close to all my daughters, but Laura was my youngest child, and I always thought of her as my baby, even after she grew up to be a beautiful, independent woman with long, honey-blond hair and big brown eyes. She was an excellent student, always determined to succeed, and we all adored her warm, outgoing personality and wry sense of humor.

In 1985, as a zoology major at Northern Arizona University, in Flagstaff, Laura met Mark Austin, a fellow student. Just weeks after their first meeting, she brought Mark home to meet her father and me. I remember thinking he appeared to be a handsome, intelligent and caring young man. But when my sister Theresa called to ask what I thought about this new boyfriend, the words that came out of my mouth surprised me. "Mark is a very dangerous young man," I told her. "He's either going to marry her or break her heart." Somehow, a part of me knew something that the rest of me didn't know.

I soon forgot my misgivings, though, and two years later I watched proudly as Mark and Laura exchanged wedding vows. The two then moved from Flagstaff to Tucson, where Laura landed a job as a neurobiology research assistant at the University of Arizona, and Mark became a researcher in the neurosurgery department of University Medical Center.

Everything should have been perfect for the young couple, but it wasn't. Within weeks after the wedding, Mark became verbally abusive and controlling. I was shocked to hear him calling Laura "stupid"—she had graduated magna cum laude and had a brilliant mind. Mark also insisted that as head of the household, he alone would decide how their money was spent. Mark's parents and I thought at first these put-downs were just his way of teasing. I thought to myself: You've got a long way to go before you're my daughter's boss.

But my lively girl, usually so strong-willed, became thin, withdrawn and quiet within two months of her marriage. Although we don't know *(continued)*



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ther Mark ever physically abused his psychological attacks were just as l and damaging. He ridiculed Laura nly, especially in front of his parents. I never saw Laura argue or defend elf. Mark's father told me he planned peak to his son about his behavior, he never did.

ess than two years after the wedding, ira came to the painful realization it was impossible to resolve their dif- nces. She moved out in February 9 and found a home of her own. rtly thereafter, she began dating Tim rence, one of her co-workers.

But Mark refused to let her go. Imme- tely after the separation, he began king and harassing her, making her hell. Whenever Laura pulled into her eway, he would be waiting for her in truck, demanding, "Where have you n?" He'd call her at two and three ock in the morning to grill her about breakup.

never considered Mark's obsessive avior dangerous, though I did think as keeping him from getting on with life. I worried even more about what vas doing to Laura. Unable to sleep, went to work pale and exhausted.

n March, Mark called me and asked if ould meet him for lunch. I agreed, ling to do anything to make peace. rk was trembling as he told me he had n Laura on her doorstep kissing and gging Tim Lawrence. Looking fright- d, he confessed, "I almost killed Tim. would have been so easy."

His words surprised and horrified me, t I didn't think he meant it literally. ien people are angry, they sometimes crazy things. I just calmed him as best ould. Since Laura already knew Mark s mad at Tim, I never told her of this in- ent. Now, I wish with all my heart that ad seen this as a sign that Mark was ca- ble of unspeakable violence.

Throughout the next month, I felt xious and tense. I suffered horrible ghtmares that shocked me awake, bolt right. Once I dreamed that someone ot my husband in the back and killed m. I woke up screaming, "No, no, no!" r that moment, I felt as though I had me face-to-face with death.

Then on April 11, two months after ura and Mark's separation, I felt de- essed all day for no apparent reason. ot even my plans to go fishing with b at a nearby lake the next day could eer me up. At eight-thirty that ening, I called Laura and asked her to use-sit while we were away, then went bed early.

After we fell asleep—I'm uncertain of e time—the phone startled us awake. It as Bill Austin, Mark's father. I could only hear Bob's side of the conversation, but I knew something was terribly wrong. After my husband hung up, I asked, "Is Laura okay?"

Shaken and grim, Bob replied, "I don't think so." He told me Mark's mother had received a call from the Tucson police department. Laura was in the hospital, and they were looking for Mark.

Stunned, I couldn't believe it could be true. "It must be a crank call," I said. "I just talked to Laura." Grabbing the phone, I dialed her number. It was busy. For a second I was relieved, then a sickening feeling swept over me: The phone could have been knocked off the hook.

I phoned the University Medical Center, which was about a mile from Laura's home. An emergency-room nurse said, "She's extremely critical. You need to get to the hospital right away." There was no way to break the news gently to Bob. "Honey, I'm afraid Laura might be dying," I said, too dazed to cry.

It was a nightmarish and silent drive.

"Mark was sentenced to a minimum of one hundred twenty days in a mental hospital. I felt dead inside. Was this all our daughter's life was worth?"

This wasn't a time for last-minute prayers or bargains with God. I knew Laura was dead, and I dreaded hearing the words. The chaplain met us as we arrived and guided us to a private room, where surgeons told us what had happened.

Laura had been viciously stabbed by Mark. One slash had cut the jugular vein in her neck; another had gone behind her collarbone and severed her subclavian artery. A deep stab to her chest had pierced her heart. The doctors had frantically tried to repair the damage, but Laura bled to death during surgery, two hours after the attack. Tim had also been gravely wounded by Mark, but miraculously, he survived.

Utter shock made me feel cold and numb. I tried to imagine the terror my precious daughter must have suffered in her struggle to escape Mark's attack, but the thought was too painful to bear. Words cannot describe the absolute horror and grief our family suffered. Mark had been welcomed as a beloved member of our family. Dear God, how could he do this?

The police later told us the details of the murder. Mark had consumed about nine beers and some wine that afternoon. In a drunken rage, he destroyed all the personal possessions Laura had left in his house. Then, arming himself with a knife, he parked his pickup out of sight in an alley a half block away from Laura's home.

Mark told detectives that before knocking at the door, he had peered in her window and seen Laura with Tim. Seconds after Laura opened the door, Tim heard her scream, "No, Mark, no!" Mark stabbed her, then attacked Tim, leaving a twenty-two-inch gash from his back to his chest.

Though bleeding profusely, Tim had somehow found the strength to get away from Mark and run to a nearby house, where the neighbors called the police. Mark, in the meantime, left Laura's house; the following evening, he turned himself in to the authorities.

Naturally, we all wanted Mark to pay for his brutality. I prayed he'd go to jail for the rest of his life. Yet, as the trial grew near, we were forced to face the possibility that he might escape conviction altogether. Mark's bail was originally set at $1 million, but was later reduced to $100,000. Mark's father, Bill, a prominent pediatrician, posted the bail.

Then Bill Austin hired attorney Robert Hirsh, who was notorious in Arizona for successfully defending two men who had murdered their wives. Hirsh got his clients off the hook by pleading temporary insanity, though they hadn't so much as a hint of mental illness in their background. In both instances, these "insane" men were set free without even having to serve time in a psychiatric institution.

I was haunted by the fear that my daughter's killer might also go free. That fear grew as I heard the testimony in Mark's four-week trial, which began in August 1990. Bob, Kathy, her husband, Robert, and I testified about the day of the murder and the events leading up to it.

As expected, Hirsh argued that Mark had suffered from temporary insanity—or "brief reactive psychosis"—on the day of the attack. Attempting to blame the victim, the defense portrayed Laura as an adulteress who had betrayed Mark, even making an innocent friendship she'd had with a male hiking buddy seem sleazy. Hirsh focused on the point that Laura had been seeing Tim while she was still legally married, overlooking the fact that for months she had openly discussed her desire to leave the marriage.

Meanwhile, the defense characterized Mark as a caring, virtuous and loving man who revered marriage, but who was depressed and under stress. Supposedly, he was losing weight, drinking heavily and sleeping only three hours a night. Obsessed with the loss of *(continued)*

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his wife, he had simply flipped out wh
he saw Laura with another man.

The trial ended in September wit a
hung jury; one of the twelve jurors b-
lieved the defense argument a
couldn't be swayed. The fact that we h
to go to court again four months la
was infuriating enough, but noth
prepared me for the next blow.
February 1991, after ten hours of de-
eration, the second jury—six men a
six women—returned the verdict:
guilty by reason of insanity. Under s
law, Mark would be confined in a m
tal hospital for as long as he suffe
from the temporary psychosis—a m
mum of 120 days and no maximu
felt dead inside. Was that all our dau
ter's life was worth?

My husband and I choked back
tears as we silently slipped out of
courtroom. Stunned and speechless,
went to the courthouse lounge design
for victims and their families. Bob ra
and raved in frustration as I tried to c
him. The prosecutor, Charles Jenk
came in looking devastated. We all w
and hugged.

By the next morning, the shock of
verdict had worn off enough for me t
alize I had a duty to Laura. Her d
could not be forgotten and meaningle
vowed to do everything in my powe
change the law that had freed her kill

For three months after the acquitt
spent at least ten hours a day studyin
sanity defense laws across the cou
This defense was originally create
protect the mentally ill or incompe
who honestly cannot distinguish betw
right and wrong. But I discovered
high-priced lawyers and their hired
chiatric "experts" frequently use it
loophole to save perfectly sane ki
from jail or death.

With the help of Pima County A
ney Stephen D. Neely and his staff, m
bers of the Arizona Attorney Gene
office and countless other legal and m
tal-health experts, I drafted "Lau
Law." The law would require defend
convicted of committing a crime wi
insane to be confined and treated in
cure mental-health facility until a psy
atric review board finds that they a
longer suffering from any form of m
illness that would make them a dang
others. In contrast, the law under wh
Mark was sentenced states that a cr
nal must be confined until he is c
only of the mental illness establish
the time of trial.

To aid my crusade, I became an a
public speaker, appearing on local r
and TV talk shows. On April 11, 19
the second anniversary of our da
ter's death, Bob and I formed a poli

n committee known informally as
i's Law. We started a petition drive
nge state law and quickly obtained
than twelve thousand signatures.
was heartwarming to open my
ox and see it brimming with sup-
re, loving letters. Some were from
mothers of murdered children,
offered prayers and encourage-
I was most deeply touched by the
id $10 contributions from re-
—struggling to get by on their So-
ecurity checks—who apologized
t giving more.
t the injustice wasn't yet over. On
mber 10, 1991—Laura's birthday—
was freed from the state hospital
ive months after he entered, despite
rs' warnings during the release
ngs that he had shown no remorse
s crime. A psychiatrist testified that
suffered from a severe personality
der that could cause him to turn vi-
again, particularly if he was in-
d in another relationship that went
However, since the personality dis-
had not been established at the tri-
nd the judge believed that his
orary insanity had passed, Mark had
released.
ter that, Bob and I felt we had to
Arizona. We're outraged that Mark
ever properly punished for the mur-
f our daughter, and we don't want to
empted to seek revenge ourselves.
e keeping the location of our new
e a secret because we're convinced
t is still dangerous and might target
his next victims.
ach time I share my story, I must
e back my tears. But as painful as it's
, the one hope I have is that Laura's
will be voted into the books. To my
zement, thousands have rallied be-
l my proposed law, which the Ari-
state legislature will be considering
spring. Changing the criminal-jus-
system can be a long process, but
t a rich reward it would be to take
a license to kill. ■

*more information on "Laura's Law,"
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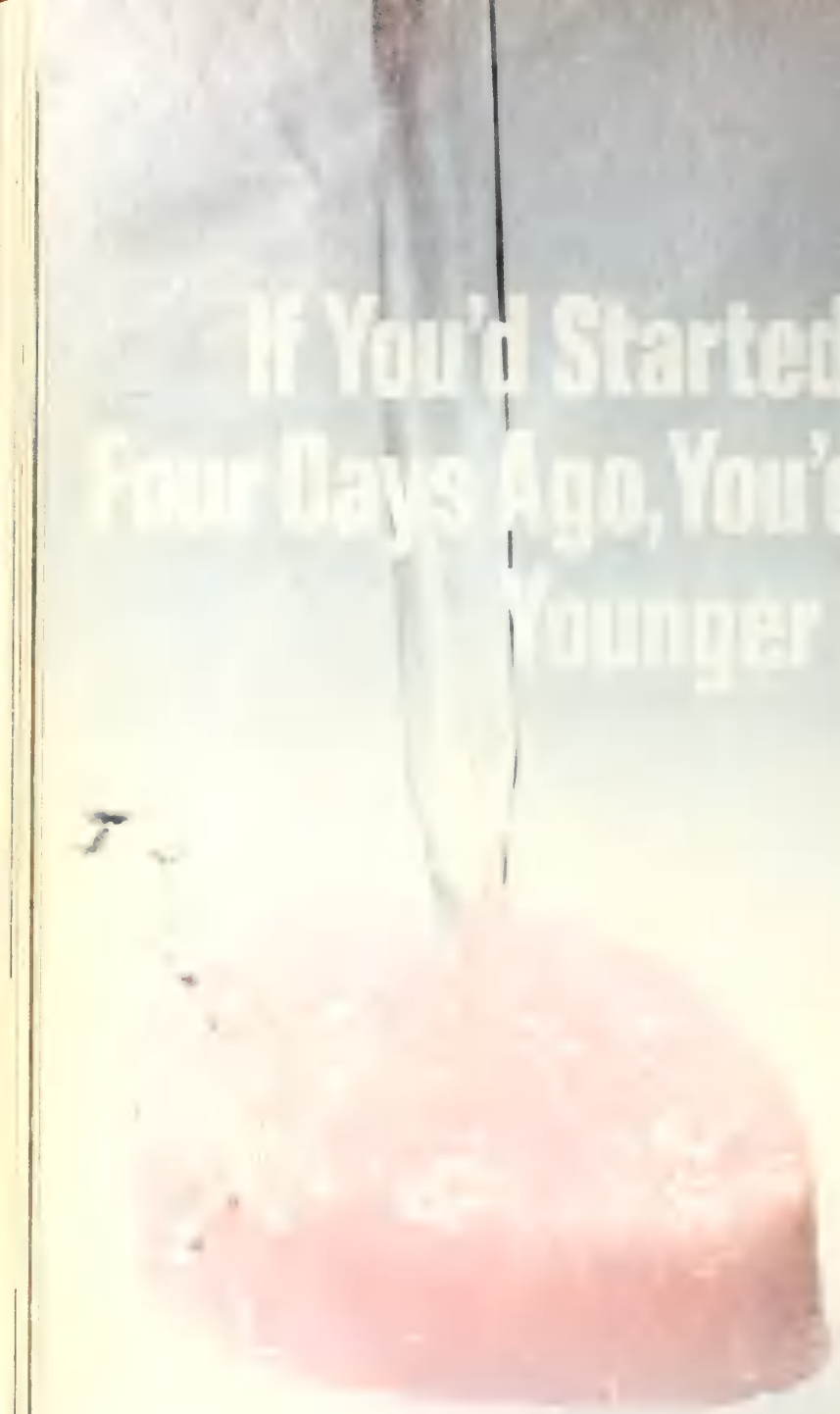
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MAYBE IT'S MAYBELLINE.™



If this seems like an over-promise, it's not. Not with the Buf·Puf™ Extra Soft Sponge. It's a method called exfoliation.

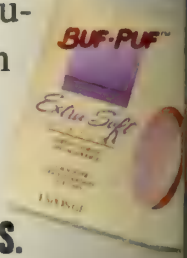
If You'd Started Using It Four Days Ago, You'd Actually Look Younger By Now.

Tested and proven by dermatologis

What exfoliation does is remove dead cells that build u on skin—making it look dull, dry and older than it should.

After four days, you'll actually see fresher, younger-looking skin. Skin that's far smoother. Finer. More even-textured. Or we'll gladly refu your money.

To keep your skin at it peak, use the Buf·Puf Extra Soft Sponge daily with soap c cleanser. It's unusu-ally gentle to even sensitive skin.



SKIN THINGS THAT DO THINGS.

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BELLS ARE BACK

Believe it or not, bell-bottoms are all the rage again! At nearly every fashion show this spring, runway models looked like they just stepped out of the sixties and seventies (remember Raquel in bells and those denim hip-huggers?), with long straight hair, tight poorboy tees and every variety of bell-bottoms. The most wearable of the nineties-style bells have a traditional waistband and either a tailored look with a subtly graduated flare in the leg or a leggings-like version that flares out from the knee down.





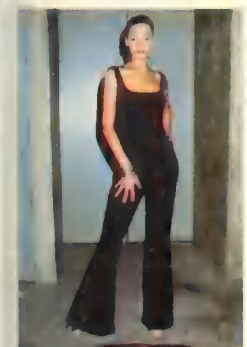
The key to wearing bell-bottoms with style is to keep the look balanced from head to toe:

■ Wear a close-to-the-body top as a base. Try ribbed poorboy sweaters, turtlenecks and mock turtles. Also good: body-defining vests and midriff-tied shirts. Avoid anything boxy or baggy.

■ The goal is to elongate the leg, so shoe choice is essential. Wear a platform or modified platform in the form of a sandal, pump or short boot. Elevated mules and clogs also look great. What doesn't work: flats, loafers, delicate sandals, pumps.

BELL-BOTTOM DOS AND DON'TS

RUNWAY STYLES RANGED FROM WEARABLE TO RIDICULOUS



A simple, monochromatic style like this sleeveless jumpsuit is slimming—black makes it look classic



Wearing bells in a print is a definite no-no—they'll instantly add pounds to your lower body



Since bells are inspired by sailors, go with a nautical theme like a navy-and-white striped jacket



Baring your belly button just isn't sophisticated—and hightops are too young

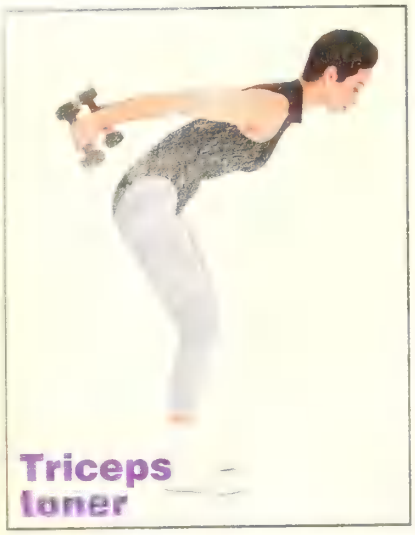
The right way to wear bell-bottoms

Choose a short, shaped matching jacket that's single-breasted and has small shoulders



The most flattering colors for most women are black and navy, to keep curves under control

A raised platform sole or wedge balances the flare's width and makes legs look long and thin







THE UPPER-BODY WORKOUT

IT'S ALMOST SHORT-SLEEVE SEASON—IS YOUR UPPER BODY BAREABLE? EXERCISING YOUR CHEST AND ARMS IS ESSENTIAL IF YOU WANT TO WEAR SLEEVELESS AND LOW-NECK STYLES. HERE, BASIC MOVES TO FIRM YOU UP FROM LIDIJA HAUCK, OWNER OF NYC'S SOHO TRAINING CENTER

TRICEPS TONER

Begin in a standing position, knees slightly bent, bending from the waist with arms raised toward shoulders and elbows at a 90° angle. Hold a three-pound weight in each hand. In a controlled movement, extend fists back. Hold and return to starting position. Repeat ten times; work up to three sets of ten.

BICEPS BUILDER

Begin in a standing position, with feet shoulder-width apart, pelvis pushed forward. With palms facing up, hold a three-pound weight in each hand. In a controlled movement, slowly curl arms toward the chest. Hold and return to starting position. Repeat ten times; work up to three sets of ten.

CHEST FIRMER

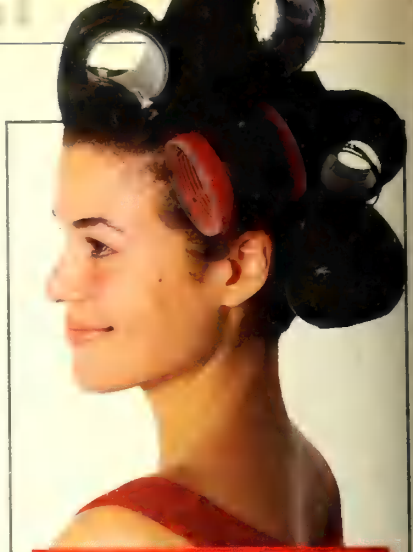
Begin in a standing position, feet as shown, bending from the waist, holding a three-pound weight in each hand. In a controlled motion, lift arms toward the center of your back as far as you comfortably can. Hold and return to starting position. Repeat ten times; work up to three sets of ten.

MODIFIED PUSH-UP

Start on hands and knees, with legs crossed at the ankles. Slowly lower body from the elbows using your upper-body muscles (hands and knees are just for support). Hold and return to starting position. Repeat ten times; work up to three sets of ten.

Note: Check with your doctor before beginning this or any other exercise program. Model, Ellie Krieger of Wilhelmina; capri pants, Dance France; leotard, Marika; socks, Wigwam; sneakers, Keds; hair, Michael Mazzei for Nubest & Co.; makeup, Alison Raffaele.





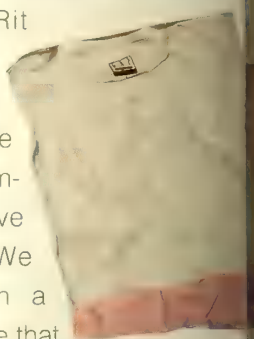
Photos: top right, Mark Duggan; top, center and bottom left, Tohm Kikuchi

EDITOR'S PICK OF THE MONTH

The latest Velcro rollers are as big as soda cans! They can make long hair smoother than ever and are great for fast sets. Packs of two go for about $2.35 at beauty-supply shops. For more information, call 714-990-1082 and ask for Major International Quick Hold Rollers.

Get it white

Just about everyone has accidentally washed a white tee (socks or panties, etc.), with a colored item that bled all over it. Well, we found the ultimate whitener: Rit Color Remover works on all white fabrics to completely remove dye stains. We tested it on a once-white tee that had turned pink, and just look at the fabulous results! Available at most major drugstores. For more information, call 317-231-8044.





Is a businesswoman's



greatest obstacle the glass ceiling?



Or the hard flooring?

Easy SPIRIT

Easy Spirit. The dress shoes that feel like sneakers.



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**Avon introduces Anew.
It's not a moisturizer.
It's a new chance for your skin.**

Gee, wouldn't it be nice if u could wave a magic wand d take ten years off your n?

You can't. Nobody's got a igic potion. Not even us.

But we have got a really markable new cosmetic atment that's had women ving all over the country.

Anew isn't a moisturizer. s a way to bring back the tural health and beauty of ur skin.

And we're so sure it works, e'll give you your money ck if you don't think it orks for you.

What makes Anew so ecial is a new ingredient ou may have read about in e beauty magazines called



Glycolic Compound, which is derived from the stalk of the sugar cane plant.

Dermatologists have documented its results. And Avon is the only major cosmetic company with the rights to this patented beauty advancement.

The way Anew works is by helping to remove the build-up of dead, dry surface skin, letting newer, fresher, healthier-looking skin emerge.

In just two weeks, your face looks smoother and glowing. With continued use, fine dry lines and discolorations become less noticeable.

Women who have used Anew really found that there was a significant improvement in the smoothness and texture of their skin.

But don't take our word for it. See for yourself.

Call 1-800-FOR-AVON or your Avon Representative.

It may not be magic, but then again, who knows?

AVON

THE SMARTEST SHOP IN TOWN

Re-shaping eyebrows is the easiest and most dramatic way to give your face more style and character.

BROW HOW:

First select pencils to **match** your **brow color**. Or a tone lighter. So brows look natural. Maybelline's Expert Eyes® Brow Collection has 7 brow-matching shades—even charcoal, auburn and blond.

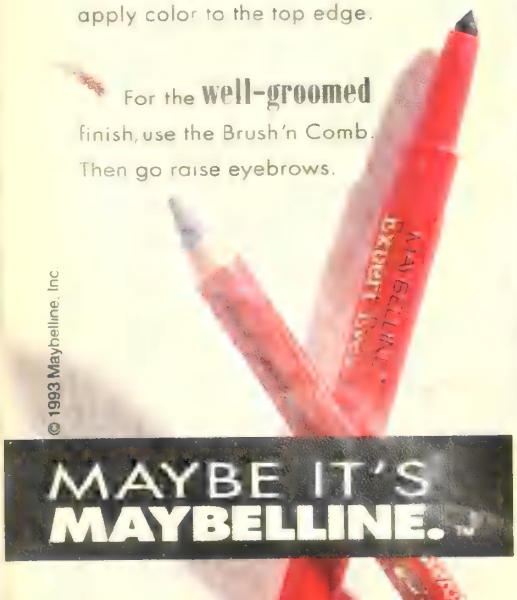
Brush brows **upwards** with the Brush 'n Comb to see your true brow shape.

Pluck any stray hair. Don't go nuts—you want a gentle natural curve.

With the firm and sharp pencil, **fill in** sparse areas and **extend** brows using light, upward strokes.

To **emphasize** the **arch**, apply color to the top edge.

For the **well-groomed** finish, use the Brush 'n Comb. Then go raise eyebrows.

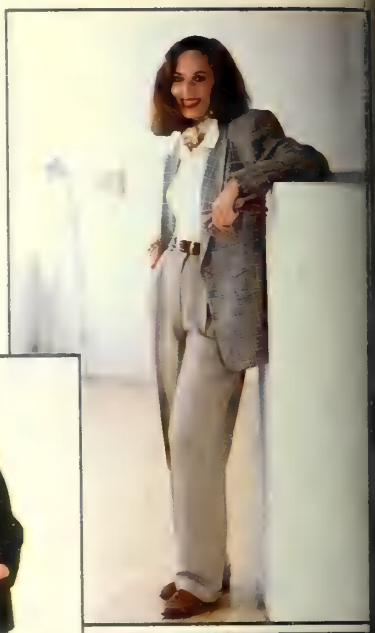


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MAYBE IT'S MAYBELLINE.

A CLASS ACT

WHEN THIRTY-FIVE-YEAR-OLD SUSAN SHEENA ASKED US FOR A MAKEOVER, WE THOUGHT SHE WAS A PERFECT CANDIDATE: SHE'S AN AT-HOME MOM TURNED STORE OWNER WHO NEEDED AN UPDATED LOOK







Susan went from ultra casual, above, to minimum-fuss classic, right

Susan's the mother of three sons (all under ten!) and the owner of a brand-new lingerie shop in New York City, so she doesn't have a lot of time to herself. We gathered a team of experts to show how to make the most of her looks in the least amount of time.

Hair pro Maury Hopson convinced Susan to trim two inches off her hair (any more and she said her husband would leave her!) because the current length made her face look too long. A shorter cut gives her a more manageable style. Though Susan likes to wear her hair in its naturally curly state, Maury showed her how to blow-dry it straight and set it with Velcro rollers for a glamorous look.

Makeup ace Linda Mason said, "A perfectly applied mouth makes the single biggest difference in Susan's look." Linda chose clear red to bring out Susan's blue eyes, then applied just a bit of eye makeup and ma foundation to even out her skin to

Susan favors classic clothes—t lored pieces in neutral colors that ally work with her new, refin makeup look. She told us she alw wears sexy lingerie—even unc jeans and tees—because it makes feel good about herself!

Jacket, shirt, trousers, Anne Klein II; belt, De chi; scarf, Hermès; shoes, Robert Clergerie.

BUY of the MONTH

PLATFORM WEDGE SANDALS AND ESPADRILLES are the fast wardrobe updates for spring and summer. ***SAM & LIBBY'S MUCHACHA SANDAL***, $48, looks great with jeans, bell-bottoms and long tube dresses. ***ANDRÉ ASSOUS'S CAMPESINA ESPADRILLE***, $54, features black canvas and a jute rope wedge. Works with everything.




Here's a woman who knows that the well-defined,
shapely brow has the edge.
An eye for glamour?
Ha!
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It sometimes seems we've forgotten that **beauty** is only skin deep. What makes people truly attractive **begins** with having a sense of self. Not with having a mere "look." Be comfortable with who you are. Be healthy. What's on the outside is – at best – only a reflection of what's on the **inside.**

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WHAT'S UNDERNEATH ALSO COUNTS. BE YOURSELF IN **JUST MY SIZE** BRAS, PANTIES, CONTROL PANTIES AND PANTYHOSE, ALL AT GREAT LOW PRICES EVERY DAY. THE QUALITY YOU NEED. THE LOW PRICE YOU WANT.

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WHITNEY HOUSTON Her private love song

The pop superstar talks about success, marriage and her newest challenge: motherhood

BY JEFF ROVIN

Here's a pregnancy diet you might not want to try: "It's the eat-everything-and-don't-exercise Houston plan," says Whitney Houston, seriously pregnant but still slender, as she digs into a bacon sandwich in her posh suite at L.A.'s Bel Air Hotel. "As long as I keep taking my vitamins and keep up my calcium, I'm fine—the rest of it just gets burned away."

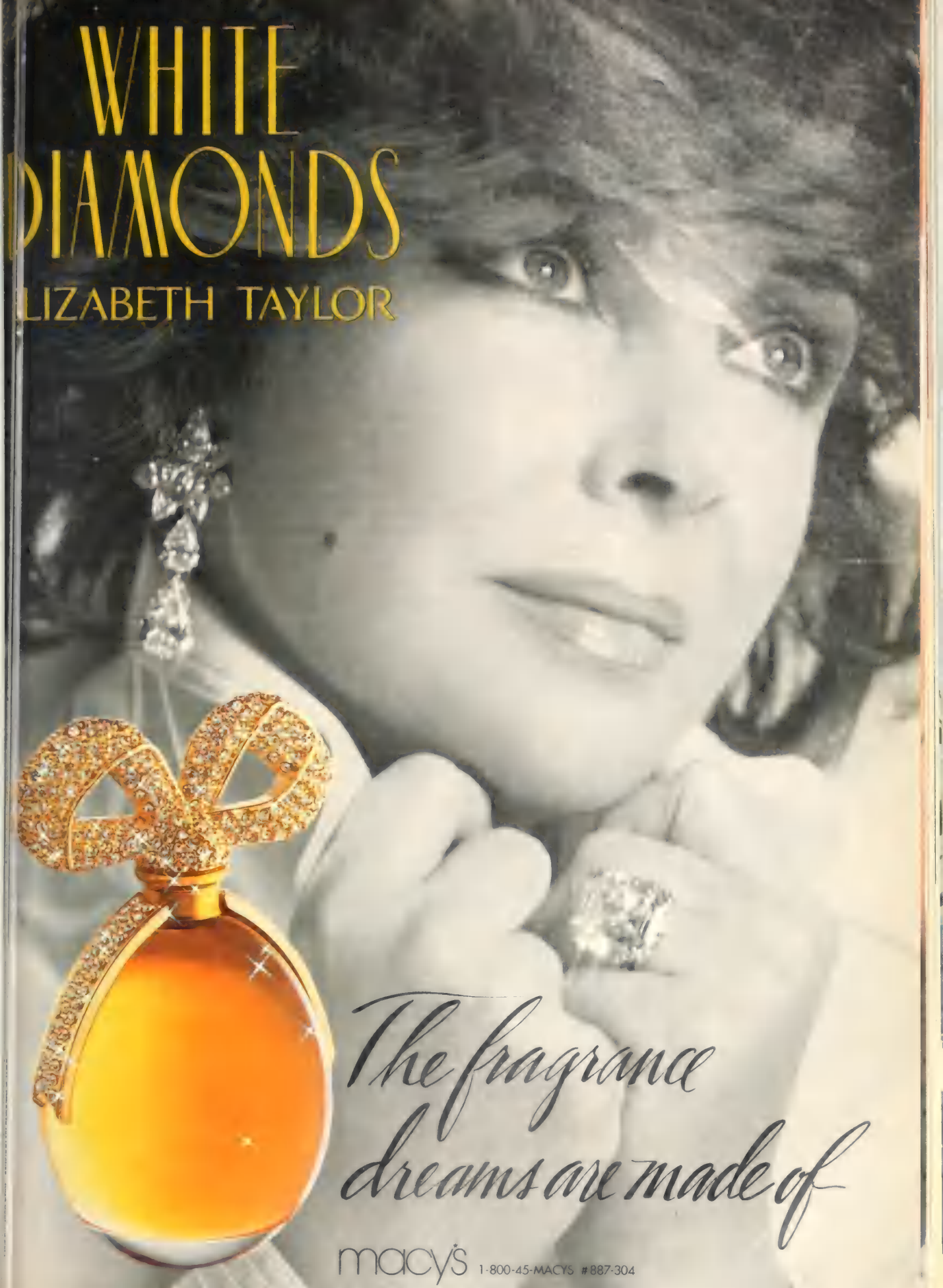
The plan certainly seems to be working—Whitney, who became pregnant last summer after suffering a miscarriage, still looks terrific in her hip-hugging Spandex pants and soft white sweater. "I'm really lucky," she adds, as she flashes the smile that helped make her the darling of the MTV set, "because I *like* to move. I like the places my energy takes me."

Lately, some of those places have been pretty unusual ones for Whitney: In the past year alone, the twenty-nine-year-old singer acted for the first time, with Kevin Costner, in the box-office smash *The Bodyguard*, and married pop idol Bobby Brown. Less surprisingly, she has sold four million copies of "I Will Always Love You," the theme song from the film, which experts predict will eventually outsell every other single in history.

"It's not like I'm driven to keep outdoing myself," Whitney says, attempting to explain her frenetic pace. "It's got nothing to do with being famous: I'd be this way if I were a schoolteacher or a nurse. The energy I spend is part of a process of learning. It can be something creative, like making a movie or writing a song, or it can be something very private, like grabbing some time to go and see my mom, or dealing with a touch of false pride, or fighting like a dog with my husband." She grins. "Or loving my husband hard after we fight."

Whitney does admit, however, that she was definitely "born to dance. Or at least to sing." Her cousin is Dionne Warwick, and her mother, Cissy, enjoyed modest success in gospel circles and as a backup singer for Aretha Franklin, Elvis Presley and others.

Though Cissy never hit it big, that didn't discourage young Whitney from following in her footsteps. "We had some rough times when I was a kid," she says. "But I got the gift of voice *(continued)*


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from my mother, and I always wanted to be a singer."

Still, Whitney didn't do a lot of singing while she was growing up in middle-class East Orange, New Jersey. In fact, she didn't do a lot of anything. Her brothers Michael and Gary pitched in to help make ends meet, but, Whitney says with a hint of embarrassment, "I was out moving." Translation: "I partied my brains out. But my mother and father, in their wisdom, knew that you have to be a kid, you have to experience all those things that young people experience—'cause one day, you're gonna get older, and you move to another phase of life."

For Whitney, that phase came when she was nineteen and signed her first record contract. Music had been a passion since she'd sung solo in church at the age of eleven; the love affair continued during the late seventies and eighties, when she performed in New York clubs with her mother. Fame, she thought at the time, would come eventually, after years of hard work. So no one was more surprised than Whitney when her debut album, *Whitney Houston*, a collection of upbeat dance songs and powerful ballads, sold around fifteen million copies after its release in 1985.

"My mom, everybody, had told me it takes time to build a career, and I was prepared for that. In fact, I was more prepared for that than I was for *this*—the albums, the videos, the movie.

"And I *wasn't* prepared for how hard I've had to work since I became successful," she adds somewhat ruefully. "There's a payroll to meet, millions of fans who want to hear and see you, a record company that's hired people to promote you. Even doing *The Bodyguard* with Kevin [Costner] was something I never expected."

In fact, Costner asked Whitney to do the film, rather than the other way around. Acting had never been one of the singer's goals. "But," she says, "a role that mixes music and acting doesn't come along very often, and now that I've done this one, and learned from it, I want to try again sometime." That shouldn't be difficult—in the past few months, the star has received dozens of scripts.

Whitney's next big accomplishment, of course, will be her and Bobby's first baby—and she intends to be the kind of "caring, sensitive" mother Cissy was. "Bobby's *really* into the baby," she adds, flashing a wide smile. "He's been reading the books, and he's got the video camera right next to the bags that'll go to the hospital. He wants to be in there taping the whole thing. I'm like, 'Right, hon. Whatever you say.' I don't think I really want to *see* that, because it might stop me from having any more. But whatev makes him happy. I know he's going be a terrific father."

According to some observers, Brow twenty-four, has had enough practi Published reports say he's already thered three other children by two ot women. And in January, his reputat as pop music's bad boy was fueled wh he was cited for violating an Augus Georgia, ordinance prohibiting sexu explicit behavior in front of any audie of people under the age of eighteen. offense: He allegedly simulated sex stage with one of his dancers.

Whitney frowns at the mention these reports as well as others that he's continuing to womanize, or that married Bobby suddenly, last July, to whispers that she is a lesbian.

"Since we were married I've heard ery kind of nasty story you can imag And you know what? It doesn't ma Bobby's a sexy man, and selling that age is his job. I know what kind of Bobby is, I know what kind of husb he is, and I know what kind of fat he's going to be."

Then these stories *aren't* true?

Her eyes lose their characteri sparkle, and her voice hardens. "Wi make anyone's life better knowing wh or isn't true about someone that don't even *know*? I doubt it. What *I* when I pick up a newspaper or maga is that God blesses people, and that ev thing's okay with them. Our voyeu really shouldn't be any more compli ed than that. If it is, then someb needs to get a life."

Clearly, this is a subject Whit doesn't like. Taking a break to down, she gets up from the sofa, goe the kitchen and gets some tea. When returns, she's smiling again, rubbing belly. She looks out the picture win and faces a well-kept garden.

"All of this has got me thinking a what Bobby and I *do* have. We're l and friends, we're close enough to w child, and we're just like every other ple about to become parents: hoping child is healthy, ready to love it, wa to give it as happy a home as we can."

As for the future, Whitney isn't what her plans are. She admits that s probably have to slow down for a w to take care of the baby, but, she "It's so difficult to turn off the juice you've been working nonstop fo years." Then she laughs. "You w hot headline? Tell your readers tha confess to a love affair. Tell 'em Whitney Houston still loves entertai as much as she did when she was teen. And she probably still will v she's ninety-nine."

Jeff Rovin writes frequently about cele for Ladies' Home Journal.

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MUCH ADO ABOUT EMMA

Only a year ago, Emma Thompson was saying, "I don't think Hollywood even knows who I am." Now, after scooping up the Golden Globe and the National Board of Review awards for her stunning performance in last year's *Howards End*, Thompson is the odds-on favorite for the Best Actress Oscar—and, suddenly, almost a household name.

Yet, for all her success, Thompson, thirty-four, remains surprisingly modest. Winning all these awards, she says, has been "fabulous, but it's entirely due to having played such a wonderful role. Unfortunately, the lack of great female parts has put [mine] in far greater relief this year than it otherwise would have been. This has been a terrible year for females on-screen. But that will change, because the female audience is far more powerful than people recognize."

Acting comes naturally for Thompson, whose parents were both performers. She got her start twelve years ago doing comedy sketches while at Cambridge University. Stand-up comedy quickly followed, as did the lead in London's hit musical *Me and My Girl* and the British equivalent of an Emmy for the mini-series *Fortunes of War*, where she met her husband, writer/director/actor Kenneth Branagh. He cast her in three of his best-known films, *Henry V*, *Dead Again* and *Peter's Friends*, and together they've gained worldwide attention.

The couple's next joint project is Branagh's adaptation of Shakespeare's wickedly funny romance, *Much Ado About Nothing* (due out nationally May 14)—leading many observers to call Thompson and Branagh the next Vivien Leigh and Laurence Olivier. But such comparisons don't seem to impress Thompson, who still feels like a starstruck fan. The best part of attending the awards ceremonies, she insists, is meeting her Hollywood idols. "I had great difficulty not falling to my knees," she says with a laugh, "when I met Clint Eastwood and Gene Hackman!"

—BROOKS PETERS





Robert Redford's Indecent Proposal

If Robert Redford offered you $1 million to spend the night with him, would you do it? That's the decision Demi Moore has to make in the new film *Indecent Proposal* (due out April 7), but the choice isn't as easy as one might think. Moore wants the money so that she and her husband, an architect, played by *Cheers* star Woody Harrelson, can end their financial woes and build the house of their dreams. Harrelson, meanwhile, is both jealous and tempted by the idea—leaving Moore with a moral dilemma that just might end her marriage.

For Redford, fifty-five, the film marks a return to the kind of leading-man roles that first made him a star. After stumbling at the box office with *Havana* in 1990 (Redford fans, it seems, didn't want to see their golden boy looking so old), he bounced back last year with two surprise hits: *Sneakers*, an ensemble action-comedy in which he was at his lighthearted best, and *A River Runs Through It*, *(continued)*

A Light Romance

They said it would be for
butter or for worse,
but calories made
their love a curse.
Then one day
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they discovered
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The moral is,
who would guess,
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A third less fat and calories than butter.
No cholesterol. And a taste you'll fall in love with.
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swimmin'! which he directed to widespread acclaim. Now his latest role lets him play what Redford has always done to perfection: a sexy, enigmatic charmer.

But despite his nice-guy image, Redford says, playing the bad boy isn't totally out of character. As a kid, he says, "I was always doing crazy things. There was a side of me that had more fun doing things that were considered bad. I once climbed up a flagpole naked for a dollar. I obviously had a need to get attention." As he became famous, however, Redford started to shy away from the limelight. "There was too much reference to my looks," he says with a sigh, "and I began to get nervous. I thought, If this keeps up, I won't be able to play the range of parts I'd like. And I've tried to keep my family life away from the public eye."

That family includes three children and three grandchildren. Redford was divorced several years ago from his wife, Lola, and the actor insists that fatherhood, not winning his Best Director Oscar for 1980's *Ordinary People*, is his best achievement—proving that even in Hollywood, family values are still very in.

—Chris Buckingham

NOT JUST SQUARES DANCING

These days, country dancing isn't confined to do-si-doing and other sedately traditional styles. Instead, MTV-style videos produce new moves almost monthly, and country-music clubs across the U.S. are filled with fans learning everything from intricate two-steps to "tush-pushing" line dances. There's even a weekly TV show (*Club Dance*, on The Nashville Network) where expert dancers can strut their stuff—and eager beginners can try to follow in their fast-moving footsteps.



Heartthrob Billy Ray Cyrus jump-started the nineties country-dance movement when his Grammy-nominated single, "Achy Breaky Heart," made the "Achy Breaky Dance" a staple of music-television shows and dance clubs. In fact, some music-industry insiders say it was the dance that launched the song: Billy Ray was the first recording artist ever to release a video to dance clubs before it hit TV—and he became an overnight star in the process.

Cyrus's gyrating line dance (count 8, half-turn left or right, count 8, half-turn left or right, with lots of sexy hip thrusts in between) is so successful, it's even spawned two instructional videotapes, *Hot Country Dancin'*, Volumes 1 and 2, taught by "Achy Breaky" choreographer Melanie Greenwood. (Volume 3 is due in June.)

What else are people bopping to these days? Besides the classic "Texas Two-Step," made famous in the 1980 film *Urban Cowboy*, there's the "Country Lambada," the "Stretchin' Denim" and the "Four Star Boogie." But the next "Achy Breaky"–style hit looks to be Dolly Parton's "Romeo," a line dance similar to Billy Ray's—he even plays a rugged Romeo in the video—but with a handful of super-high kicks thrown in to keep everybody on their toes.

—Marjie McGraw



Melanie Greenwood gets her students into the groove with the Achy Breaky (above) and the Texas Two-Step (left).

IT'S TOO BAD OTHER BRANDS DON'T PAD THEIR SHOES AS MUCH AS THEIR PRICES.



nally, shoes that have eir priorities straight. rasshoppers® by Keds® ature Cushions, a new sole specially designed provide extra comfort ithout adding anything xtra to the price tag. nd Grasshoppers come in a full range of sizes and widths for the best possible fit. So try on a pair of Grasshoppers and experience how they feel for yourself. We promise they won't pinch, even when you get to the cash register.

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Model wearing Taupe Halyard. Also shown: Plaid Spinnaker, Beige Wayfarer and Lagoon Halyard. All priced under $50.

Who should die?

Medical technology is changing so rapidly that laws and ethics often struggle to catch up. Here, we examine some controversial issues—and give you a chance to make your voice heard



BY ROSALIND WRIGHT

The final days of a forty-eight-year-old woman dying from ovarian cancer are filled with agony. The pain is lessened, but never lifted, by regular injections of morphine. The dosage could be increased, but the woman's physician resists, fearing that higher levels of the drug could lead to addiction or decreased breathing ability that would hasten her death.

A seventy-year-old man suffering from heart disease has told his physician that he does not want to be kept alive on a respirator. But when he comes down with the flu, the doctor urges him to reconsider. A few days on the respirator might buy time for the antibiotics to work, giving him a chance to recover strength. The patient agrees but remains weak. And the doctor finds himself reluctant to pull the plug.

These are the kinds of wrenching decisions that are faced daily in the rooms of terminally ill patients. Although these judgments are almost always made with the best of intentions, medical ethicists, professionals and legislators are joining the public in proclaiming that decisions made by doctors and nurses toward the end of a patient's life are often the wrong ones. A survey of more than 1,400 doctors and nurses at five major hospitals revealed that almost half of nurses and attending physicians, and 70 percent of medical and surgical residents, report going against their own conscience in giving aggressive and often burdensome treatment to terminally ill patients. The survey also revealed that 81 percent of the health providers believe that dying patients are undermedicated for their pain.

"I think the right-to-die movement in this country is a direct reaction to the fear people have that if they enter the hospital gravely ill, they will lose control over what happens to them, and will not be given enough medication to take away their pain," says George J. Annas, J.D., director of the Law, Medicine and Ethics program at Boston University's Schools of Medicine and Public Health. "Both of these fears are absolutely based in reality, but it's a horrible alternative to say that because these things are true I have to stay home and kill myself."

But people do. And increasingly, they are asking their doctor for help. Millions of people have signed living wills or durable powers of attorney, directing their physicians, and those who will speak for them if they become unable to communicate, not to keep them alive if there is no *(continued)*

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Who should die?

continued

possibility of resuming a meaningful life.

But should doctors participate in ending a life? And what does participation mean? Writing a prescription for sleeping pills—or actually administering a fatal injection? Timothy Quill, M.D., an associate professor of medicine and psychiatry at the University of Rochester School of Medicine, received an outpouring of public and professional support when he revealed in 1991 that he had written a prescription for barbiturates that allowed a longtime patient with acute leukemia to end her life. Implicit in his action was his respect for his patient's decision not to pursue chemotherapy, and his understanding that having the means to determine when and how she would die allowed her to live the last weeks of her life to the fullest.

But far more troubling to many are the number of people (at least twelve at press time) who have killed themselves with the help of Jack Kevorkian, M.D., a retired Michigan pathologist who has used a homemade "suicide machine" that releases an intravenous drug, and a gas mask that delivers deadly carbon monoxide. Although Kevorkian's attorney insists that his client demands that all medical options be exhausted before he will help a patient commit suicide, at least four of the people were not close to dying from their afflictions. Kevorkian also reportedly demands a psychological evaluation and the agreement of close relatives. But his participation—which includes everything from providing the equipment to helping one "client" find a place to die in Michigan, where until early 1993 there was no law against physician-assisted suicide—raises disturbing questions. How much is the afflicted patient's thinking colored by depression, which could be treated? To what extent does the knowledge that a doctor is willing to help with suicide act as a subtle inducement? What about the potential for abuse? Would patients who have no money for health care be encouraged to end their lives? How about patients who have received inadequate treatment and are being counseled by doctors worried about a malpractice suit?

Many ethicists and medical professionals urge patients to gain control over their final days by leaving explicit instructions about their care. "The potential for abuse in physician-assisted suicide is great," says Annas. "Modern history, from the Nazis on, shows that we start with the sick as suitable candidates, and very quickly move on to the old, the disabled, the retarded. There is a major difference between doctors loosening up on painkillers near the end of life, and even providing drugs that patients can use to kill themselves, and providing a machine that will do the job. If Jack Kevorkian were not a physician, e would label him a serial killer."

Arthur Caplan, Ph.D., director of e Center for Biomedical Ethics at the U versity of Minnesota in Minneapo agrees. "If you give doctors the right kill patients, to administer the doses or things to make them die, that power w be abused. Ultimately, the responsibil for taking your life should be your own

A private choice?

On Valentine's Day, 1991, Pat McGl of Philadelphia, learned that her dau ter-in-law's teenage sister had died measles. Pat's daughter-in-law was a lower of the Faith Tabernacle Church religious group that discourages medi care and immunizations. "I knew t my grandson Jamie, who was onl baby, hadn't been vaccinated. And th was a terrible outbreak of measles."

Early in March, Pat got a call say that Jamie had collapsed. "By the ti medical help was called, his heart had ready stopped," she says sadly. Jam Jones died at the age of twenty months

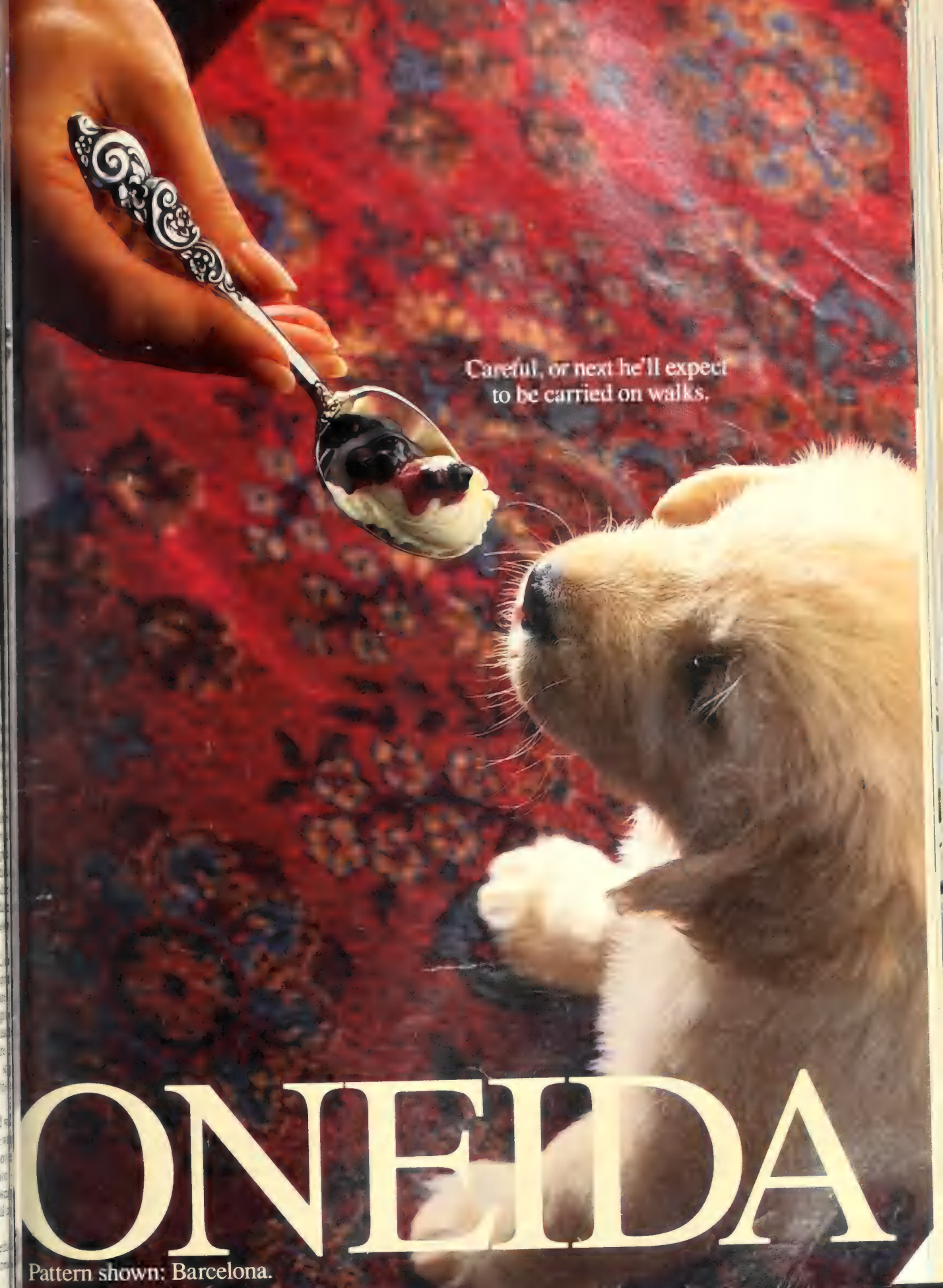
Hundreds of measles cases were ported in the Philadelphia area dur February and March of 1991. Altho children usually recover from this illn on their own, there can be serious co plications, such as brain infections of kind that killed Jamie. Yet these can most always be conquered by medi treatment, if given soon enough.

Public-health officials in Philadelp unable to convince Faith Taberna Church members to seek medical care their children, visited the families' hom "I can't tell you what it's like not to be to give a sick kid Tylenol or even take t temperature," says Robert Ross, M.D., city's commissioner of public health. we could do was glance at these child and if they looked deathly ill, get a court der to have them hospitalized. It was a p lic-health nightmare, and also an eth nightmare. These parents were law-abid people with strong, sincere religious fa But six children died from the measl and they died absolutely needlessly."

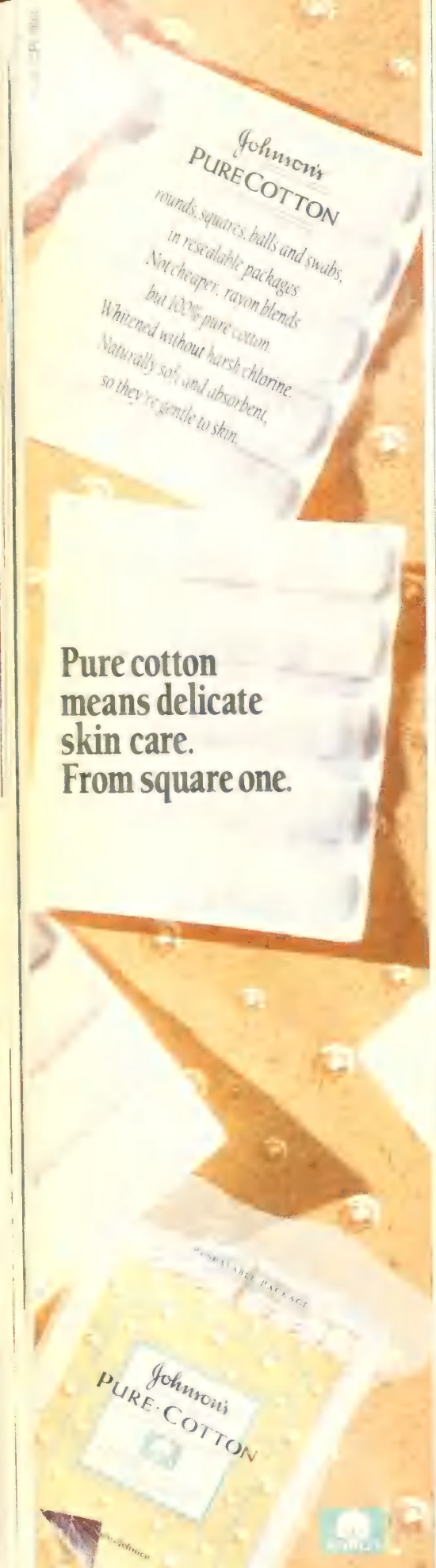
According to the Massachusetts Co mittee for Children and Youth, a nonp it children's advocacy group, there ar least twenty different sects and religi groups in the United States whose tea ings discourage the use of medical care the last twenty-five years, the group s there have been more than 150 death children as a result of these beliefs.

A number of parents were charged w manslaughter or child neglect in the w of these deaths; some have been conv ed. Sentences range from probation time in jail, with some judges imposi requirement that parents seek medical for their surviving children.

But there are serious legal and eth dilemmas surrounding these *(contin*



Pattern shown: Barcelona.



Who should die?

continued

cases that do not end with a parent's sentencing. "These parents are not child abusers who are hurting their child on purpose," says Caplan. "In many cases they are loving parents who tried to help their child; they just don't agree with the mainstream view of how best to do that."

Forty-four states have had religious-exemption laws in effect since the 1970s. On the surface, these measures exempt parents from prosecution for treating ill children solely with prayer, but interpretations have varied widely among the states. A Minnesota court dismissed charges against the parents of Ian Lundman, eleven, who died in 1989 of juvenile diabetes. Other states, like California and Massachusetts, have held that while a religious-exemption statute does protect parents from being charged with neglect because they turn to faith healing, it does not protect them from being charged with manslaughter if they fail to get treatment for seriously ill children.

"How far does a parent's right to control what happens to their child extend?" asks Caplan. "There is no longer any dispute that competent adults can refuse treatment for themselves. The question is, does the state have an interest in protecting children, in getting them medical care that has been proven to be effective?" In Minnesota, Caplan has proposed that a network of nurses, familiar with various religions, would work with parents but also report seriously ill children. Caplan says he is seeking a middle road, "because I think ethics demands something other than holding these parents accountable for murder."

Rita Swan strongly disagrees. Swan and her husband, former Christian Scientists, founded CHILD (Children's Healthcare Is a Legal Duty, Inc.) after their sixteen-month-old son died of bacterial meningitis in 1977. "Children have died because the government has allowed two standards of care," Swan maintains. "Of course, parents can pray when their child is ill, but it is absolutely wrong for the government to allow them to withhold the resources of the twentieth century. Children should have equal rights and protection—all children."

Is human better?

Early in January, a sixty-two-year-old man lay close to death at the University of Pittsburgh Medical Center. He was suffering from hepatitis B, a viral infection that had destroyed his liver. Doctors had ruled out human transplantation because the virus would destroy a new organ. His doctors said there was only one hope left: On January 10, 1993, he became the second human in the world to receive a baboon's liver. The animal was chosen, in part, because baboons are believed to be immune to hepatitis B.

Experimental trans-species transplantation has been going on for years. As back as the mid-1960s, chimpanzee kneys were transplanted into twelve humans at Tulane University; one patient lived nine months. In 1984, surgeons at Loma Linda University Medical Center, in California, implanted a baboon's heart into infant known as "Baby Fae." The transplant did not save the child, who had born with a congenital heart abnormality

Now, doctors at the University of Pisburgh believe they are on the brink success. The first patient they implanted with a baboon liver, in June 1992, survived for seventy-one days, and baboon DNA, the animal's genetic blueprint, found in the man's heart, lungs and kneys, a positive sign. The second patient lived for twenty-six days, early this year. The results of his autopsy will determine whether the experiment was successful enough to warrant a third such transplant.

But while many applaud the scientific daring that leads doctors to push the boundaries of medicine to save human lives, others raise disturbing ethical questions. There's burgeoning support for animal rights, linked to a growing appreciation of the nature and intelligence of animals. Primates like baboons and chimpanzees, for example, are highly evolved, with emotions and a capacity for complex relationships. Is it right to sacrifice a primate, or any other animal, for the chance to save a human life? Should there be a scale of animals, ranking those that are less evolved as more acceptable for medical use?

"I think there is no justification for using a primate in these transplant operations," says medical ethicist Annas of Boston University. "If the reason given is that there is a shortage of human organs available for transplant, well, there is also a shortage of primates. Chimpanzees are endangered, and the number of healthy baboons is insufficient to significantly influence the organ shortage."

Many advocates of animal rights contend it is wrong not only to use animals for transplants but also to conduct any medical experiments on animals, pointing out that many of these projects seem to have no legitimate purpose. They also contend that federal regulations requiring humane treatment of laboratory animals are inadequate.

Among the most outspoken advocates for animals rights is the organization People for the Ethical Treatment of Animals (PETA). Last year PETA filed a federal lawsuit against the National Institutes of Health in an attempt to force the agency to release the test records of head-injury research conducted on guinea pigs, dogs and rats at the University of Pennsylvania. PETA charges that the study caused prolonged suffering to the animal subjects, including *(continued on page*

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o should die?

inued from page 52

ıea pigs who were allowed to live for two weeks after having r eyes pulled from their sockets, and pigs that had their ns scrambled in a device.

'ETA has identified other studies around the country that it ms are not only cruel but medically useless. In one, rats were huge doses of Louisiana hot sauce, resulting in respiratory ıre and death. As an alternative to animal experiments, the ınization advocates the use of computer models and human and tissue cultures.

)n the other side of the issue, proponents of animal research ıt to the millions of human lives that have been improved, ı saved, by treatments developed using animal testing: anes- ia, antibiotics, insulin, vaccines for smallpox and measles, n-heart surgery and organ transplants. Says Robert J. White,)., Ph.D., professor of surgery at Case Western Reserve Uni- ity Medical School, in Cleveland, who has been utilizing an- l research for more than thirty-five years: "The history of licine in the twentieth century is heavily based on animal re- ch, and there is no doubt in my mind that the future of licine, including finding a vaccine for AIDS, will continue to heavily on experiments involving animals." Adds ethicist lan: "When we make animals suffer for no good reason, it is thical. But people who say they don't know what to do when d with using a pig's heart to save a baby's life have got their al compass out of kilter."

'et many changes in how animal research is conducted have ıe about as a direct result of animal-rights groups' activities: a re- tion in the number of projects involving animals, and improved ditions in laboratories. Those in favor of animal testing point to fact that in one recent two-year period, more than thirty-five labs e vandalized, resulting in the loss of research and more than two usand lab animals. The tactics of some animal-rights groups, ch also are said to include threats to individual scientists, harass- ıt and break-ins, have led the FBI to label them as terrorists.

While government turns a blind eye to the intense suffering scientific fraud that occur in laboratories, animals die be- se of their inability to fight back," says Steven Simmons, kesman for PETA. "The actions of those brave enough to ex- e cruelty may seem extreme, but allowing atrocities to go hecked is a more frightening prospect." ■

TELL US WHAT YOU THINK

s you can see from the accompanying article, medical hics issues are among the most painful and complex oblems of our time. We'd like to hear what you think out these life-or-death questions. By taking part in ır telephone poll, you can make your opinion known. ach call costs 99 cents; touch-tone callers only. Call 00-454-0222 between 8 A.M. Monday, March 15, and 1:59 P.M. Sunday, April 4. The results of this poll will be ublished in a future issue of Ladies' Home Journal. ıese are the questions you will be asked to answer

hould it be legal in all states for physicians to assist a atient in suicide in any way? Yes___ No___

hould parents whose children die because of their re- sal to get treatment be prosecuted for murder? es___ No___

hould animal organs be used to try to save human es? Yes___ No___

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THE BABY BOOMER HEALTH GUIDE

If you're reading this, you're probably one among thirty-six million women between the ages of twenty-nine and forty-seven—part of the biggest generation in U.S. history. What kind of physical changes can you expect as you get older? This special section tells you all you need to know about aging, weight loss and stress control—and how to stay your healthiest



How your **body** ages

AN OVERVIEW SPANNING THE TWO DECADES PRIOR TO MENOPAUSE.
BY LYNN HARRIS

SKIN As your skin ages, its underlying support structure of collagen and elastin begins to break down, resulting in wrinkles and decreased elasticity. Exactly when these signs of aging appear depends on how you protect your skin. "The sun is enemy number one: Seasoned sunbathers could have crow's-feet, squint lines, and even 'age spots' as early as their late twenties or early thirties," says Joseph Bark, M.D., a dermatologist in private practice in Lexington, Kentucky.

Sunlight also causes 95 percent of skin cancers, so it's a good idea—especially if you're fair-skinned—to use a daily sunscreen with an SPF of at least 15 if you're going to be outdoors for any period of time. See a doctor if you notice any new moles, or existing ones that have changed in color, shape or size.

During your thirties, as oil gland function *(continued)*

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...menopause slows down, your skin may feel drier, but acne can still flare up for years to come. Hormonal changes are usually the culprit (especially if you're on the Pill or nearing menopause). In rarer cases, adult acne signals a serious problem, such as ovarian cysts. So, have any sudden, extreme breakouts checked. Other general precautions: Stick with "noncomedogenic" facial



products, which won't clog pores, and skip "wrinkle-reducing" facial exercises—they may actually cause creasing, says Bark.

HAIR AND NAILS Normally, about 80 percent of your hair grows while the remainder rests in place or falls out. As years pass, this cycle slows so that each hair spends more time on your head and endures more washing, curling and coloring. It's best to avoid harsh processing, which dulls hair, and to use protective protein treatments to give it more life.

During pregnancy, hormonal changes lock all hair follicles into the growing phase—so you may enjoy nine months of gloriously thick hair. It can thin out afterward, however, as it readjusts to your normal hormonal patterns.

Hair thinning may also occur due to an inherited trait, menopause, a virus, high blood pressure, thyroid disease or an iron deficiency. See a dermatologist whenever you notice more shedding than usual.

As your body gradually loses natural moisture, even your fingernails may split, peel and chip. A hardener often helps, but test it first to be sure it doesn't trigger a rash on sensitive skin. Also, protect your hands from wet-dry cycles, such as dishwashing, by wearing cotton-



lined rubber gloves. "Without liners," Bark cautions, "rubber gloves become little swimming pools for your nails."

VISION Perhaps you'll soon understand those people who take their glasses off or hold things at arm's length to read. They probably have presbyopia, *(continued)*

PMS: "I DIDN'T KNOW WHAT WAS WRONG"



In 1981, Stephanie DeGraff Bender, forty-four, from Berthoud, Colorado, was concerned about her erratic behavior because she thought it would affect her two sons. A friend suggested that Stephanie might be suffering from premenstrual syndrome (PMS), which wasn't very well known at the time. She finally found dramatic relief by changing her diet, exercising and taking the hormone progesterone for three years. "I felt so much better that I decided to specialize in treating women with the same problem," says Stephanie. Now, she's written two books on the subject.

AGING GRACEFULLY

Are certain women blessed with an anti-aging gene? There's no simple answer. "We're still hoping to find the genes that predispose people to age-related diseases and those that promote longevity," says Jeanne Y. Wei, M.D., director of gerontology at Boston's Beth Israel Hospital.

But the aging process is also strongly determined by the following *controllable* lifestyle factors.

Sunlight Nearly *all* visible aging signs are caused by sun exposure.

Smoking This habit is linked to wrinkles, various diseases and to early menopause.

Alcohol Heavy drinking affects the skin as well as sleep, exercise and diet patterns.

Weight Both excess weight and a skin-and-bones frame pose a health threat.

Lack of exercise Inactivity makes your metabolism and energy levels slump, along with your posture.

Caretaking—of everyone else. When your own needs come last, you may wear out before your time.

Intellectual aerobics Mental stimulation may promote the growth of dendrites—rootlike parts of neurons that feed information to brain cells and enhance complex processing.

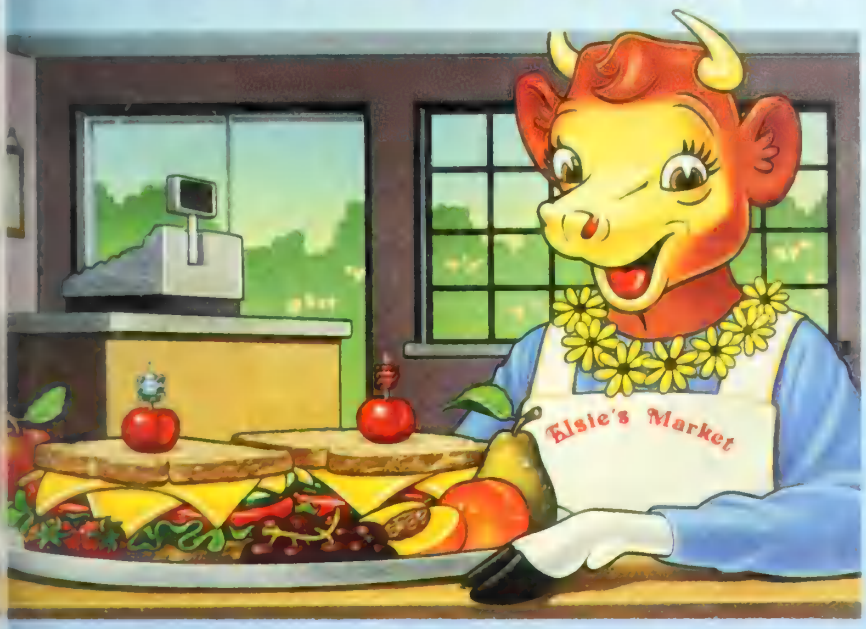
Mental health The risk of depression is highest for women between the ages of thirty and forty-four, but at forty-five, it starts to drop.

Although aging can be stressful, "women should ask themselves, 'What am I going to do that makes me feel good besides looking youthful?' " says psychologist Kathy Ulman of Women's Health Associates, a primary-care facility at Massachusetts General Hospital. Ongoing or new interests help women age healthfully and gracefully.

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ntinued) difficulty focusing close-up, which is a common problem for people in their forties. Farsighted people in their thirties and forties may develop a similar condition called symptomatic hyperopia, difficulty in focusing both close-up and far away. If you notice either of these problems, make an appointment with your eye doctor to adjust your prescription, advises Monica L. Monica, Ph.D., M.D., an ophthalmologist in private practice in New Orleans.

If you wear glasses—with either clear or tinted lenses—be sure they shield your eyes from ultraviolet (UV) sunlight. Years of glare can create visible patches of tissue (pingueculae) or reddish, fan-shaped growths (pterygium) on the eyeball. When mild, these conditions respond to treatment with topical steroids and lubricants, but they may not totally disappear.

Contact-lens wearers should be especially aware of irritated eyes due to "overwear syndrome." To avoid problems, "take out your lenses when you come home, the way you kick off your shoes," Monica says.

No matter how sharp your vision, the risk of eye disease picks up significantly at age forty—that's when you should start seeing an ophthalmologist at least every two years to guard against early glaucoma and other disorders.

HEARING If you protect your ears from noise now, you should hear loud and clear at least into your sixties. Keep the volume down on headsets, and don't spend longer than fifteen or twenty minutes in places where you can't have a conversation without raising your voice, advises Edwin Monsell, M.D., Ph.D., a neurotologist at Henry Ford Hospital, in Detroit.

See a doctor if you notice hearing loss—or ringing and pulsing sensations—in one or both ears.





These could also be symptoms of a bone disease of the ear called otosclerosis, which strikes 1 to 2 percent of women in their thirties. The condition can be corrected with surgery.

ORAL HEALTH "People's dental IQ has gone up, and they're seeing that it's never too late to improve their smile," notes Barbara J. Steinberg, D.D.S., professor of medicine and assistant director of dental medicine at the Medical College of Pennsylvania. Today, there are several options besides visible metal "train tracks" for adults who choose to straighten crooked teeth. Clear brackets are available, or you may be a candidate for lingual braces, which attach to the backs of your teeth.

Just because the "cavity-prone years" are behind you, don't slack off on dental hygiene. Hormonal shifts—caused by menstruation, the Pill, pregnancy and menopause—can stimulate the growth of bacterial plaque and increase the risk of tooth decay and gum disease (gingivitis), which is very common among people in their thirties and forties.

Your teeth may yellow or darken even without the help of coffee and red wine, so you might want to consult a dentist about bleaching and cosmetic procedures.

BREASTS The relentless tug of gravity causes supporting ligaments to stretch and breasts to sag. Even if you wear a good bra, you may start to notice some drooping in your late thirties or early forties. Going braless, being pregnant, and breast-feeding may hasten the process.

Women, especially those in their thirties, may notice lumps, bumps, occasional pain or even discharge. As many as 90 percent of these women are labeled as having fibrocystic disease. "But that's just a fancy name for normal changes in the breasts," says Susan Love, M.D., director of the UCLA Breast Center and author of *Dr. Susan Love's Breast Book* (Addison-Wesley, 1990).

Though most lumps are harmless, the odds of developing breast cancer before age eighty-five are one in nine. So be on guard. Examine your breasts every month and have a yearly manual check by your doctor. The American Cancer Society recommends having a mammogram every one to two years after forty and annually after fifty.

BONES You may not be any taller than you were in high school, but your *(continued)*



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(continued) bones and muscles keep growing for decades. Beginning around age thirty-five, you'll start to lose bone mass. "This is the time for you to help determine



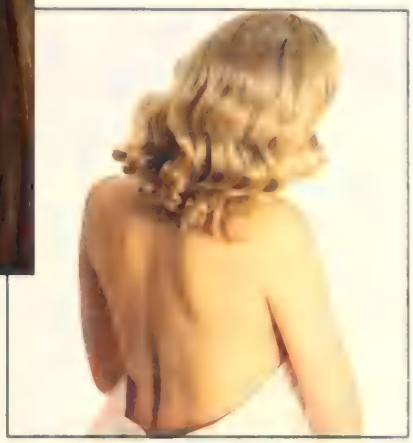
what your bones will be like for the rest of your life," says Etty Griffin, Ph.D., M.D., an orthopedist in private practice in Atlanta.

Calcium intake is essential for strong bones at any age to help lower the risk of osteoporosis. Be sure to eat green, leafy vegetables and nonfat dairy products. Also, limit your meat and cola consumption; their phosphorus content interferes with calcium absorption. You might consider taking a calcium supplement, but check with a doctor first if you're on prenatal vitamins (which are already high in calcium) or if you've had kidney stones or a history of them in your family.

Regular exercise can also help preserve bone, as well as prevent back pain and pressure on your joints by keeping you trim. Brisk walking, a great allover toner, will also stave off sags in your arms, legs and face.

Structural changes are happening down to your toes. From your forties on, the arches may flatten and your feet may begin to widen and lengthen. Griffin's shoe-shopping tips for women whose feet are changing noticeably: "Don't assume that you can march into the store and ask for the size seven-A you wore five years ago, and don't make excuses like 'They're a little tight, but they'll stretch.' "

THE REPRODUCTIVE SYSTEM Women in their thirties are most likely to have fertility problems. But sometimes, the right timing can solve that, says Beverly Loudin, M.D., a gynecologist and obstetrician in private



practice in Watertown, Massachusetts. Women are fertile for only about twenty-four hours per month. If you track your cycle and time intercourse to coincide with ovulation, says Loudin, you should be pregnant within six months. If that doesn't work, check back with your doctor.

Gynecological cancers—ovarian and endometrial—tend to lay low until after menopause. Still, all women over age eighteen should get yearly pelvic exams and Pap smears to guard against cervical cancer, which is most common among women in their mid to late forties but nearly 100 percent curable if caught early.

The early thirties is prime time for endometriosis, a serious disease in which tissue from the uterine lining attaches to organs outside the uterus. Common symptoms include painful sex, pelvic pain around menstruation, and heavy or irregular bleeding. Endometriosis leads to infertility in up to 40 percent of women who have it. The disorder is treatable, but there is a very high risk of recurrence.

The symptoms of approaching menopause vary widely. As your ovaries—the primary estrogen producers—start to shift into lower gear, the resulting hormonal changes can cause periods to get lighter, heavier, longer, shorter; almost anything can happen. PMS and cramps may also intensify. Some women have hot flashes, while others notice nothing at all; their periods just stop.

CONDITIONS TO WATCH OUT FOR Unless you're a sunbather or smoker, most nonreproductive cancers need not be on your worry list in your thirties and forties (current female smokers aged thirty-five and up are twelve times more likely to die prematurely from lung cancer than women who don't smoke). But to be on the *(continued on page 68)*

"I'M FREE OF ENDOMETRIOSIS PAIN"



When both surgery and medications failed to bring relief from endometriosis, Kathleen Johanson, forty-one, of Napa, California, found experts who helped through a local chapter of the Endometriosis Association: A doctor of traditional Chinese medicine prescribed acupuncture and herbal preparations and dietary changes, and a psychologist taught her relaxation techniques and stress control. Her advice to other women: "Become informed and take charge of your therapy. It's wonderful to be able to function without pain."

Menopause is the re
on Premarin®. Ask you
(conjugated estrogens tablets) a reason

The symptoms of menopause are very real: hot flashes, vaginal dryness and night sweats which may cause sleep disturbances.

For millions of women, these symptoms are effectively treated with estrogen replacement therapy.

And, the same treatment that relieves the symptoms of menopause can also help prevent osteoporosis (brittle bones), a disease that develops in about one of every four women over 50.

THE CONNECTION BETWEEN MENOPAUSE AND OSTEOPOROSIS.

After menopause, your body produces very little estrogen. Without estrogen, your bones can become fragile, more likely to break.

In fact, half of the bone mass women lose is lost in the first seven years after menopause begins. What's more, bone loss is irreversible. But even if some bone loss has occurred, estrogen can help prevent further loss. So it's important to ask your doctor if you're at risk of developing brittle bones.

HOW WOULD YOU ANSWER THESE IMPORTANT QUESTIONS?

Of course, some women are at greater risk for osteoporosis than others. This brief test will help determine your personal risk factor.

The more times you answer "yes," the greater your risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES	NO
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐	☐
2. Do you have a family history of osteoporosis?	☐	☐
3. Are you a postmenopausal woman?	☐	☐
4. Have you had a hysterectomy?	☐	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐	☐
6. Is your diet low in dairy products and other sources of calcium?	☐	☐
7. Are you physically inactive?	☐	☐
8. Do you now or have you ever smoked?	☐	☐

Clip out and take to your doctor.

ASK YOUR DOCTOR IF ESTROGEN THERAPY IS RIGHT FOR YOU.

Regular weight bearing exercise and calcium are important for everyone. However, for women at risk of osteoporosis, they may not be enough. Estrogen, as part of a total treatment program including diet and exercise, can be an effective way to help prevent osteoporosis. The estrogen doctors prescribe most is Premarin®. Premarin has been shown to reduce hip and forearm fractures by approximately 60%...so ask your doctor if it's right for you.

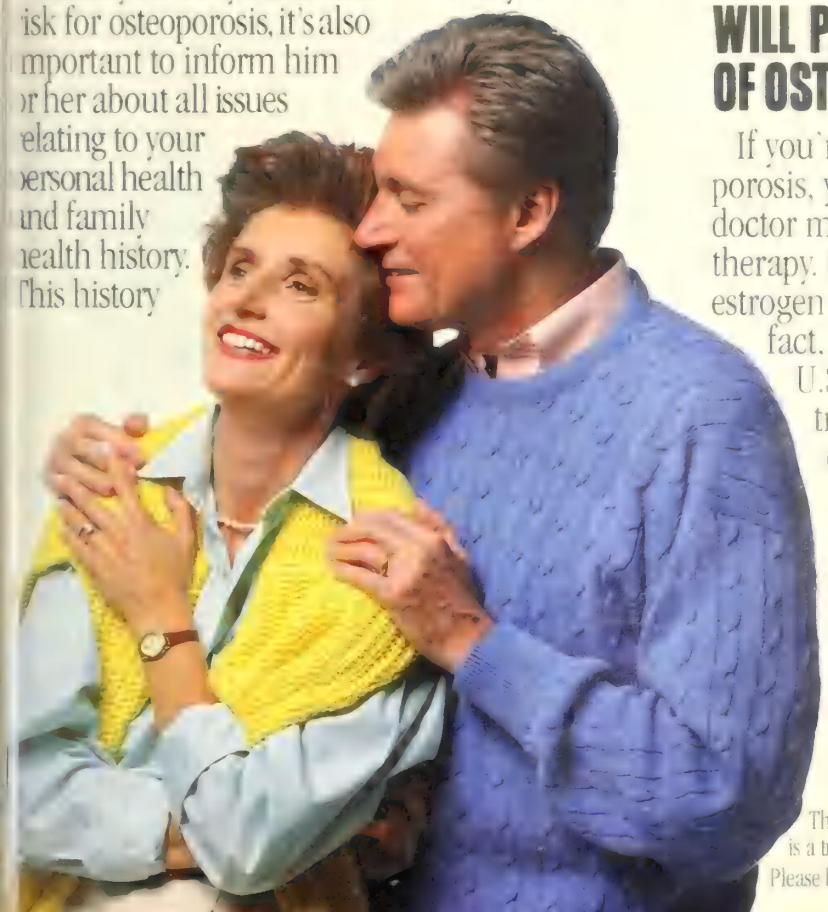
on most women start doctor if osteoporosis is o stay on it.

THE SIDE EFFECTS OF ESTROGEN SHOULD BE CONSIDERED.

As with all drugs, there can be side effects with estrogen. One is the possibility of developing cancer of the uterus. Be sure to discuss this with your doctor. If you've had a hysterectomy, you don't have this risk.

When you ask your doctor whether you're at risk for osteoporosis, it's also important to inform him or her about all issues relating to your personal health and family health history. This history should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.



SYMPTOMS OF MENOPAUSE WILL PASS. THE RISK OF OSTEOPOROSIS WON'T.

If you're one of the women at risk for osteoporosis, you need to find out about it. Your doctor may recommend estrogen replacement therapy. Premarin® is the most widely studied estrogen and the one doctors prescribe most. In fact, more than 7 million women in the U.S. alone rely on Premarin for the treatment of symptoms of menopause or as part of a program to help prevent osteoporosis.



PREMARIN®

(conjugated estrogens tablets)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

Please be sure to read the important information on the following page

(continued from page 65) safe side, be sure your gynecological checkup includes a rectal exam once you hit forty. According to Karen Freund, M.D., director of the women's health unit at Boston University Medical Center, "Colon cancer is often perceived as a 'man's disease' because it's relatively rare in women under fifty, but it's equally fatal for both sexes." A low-fat diet, it's been found, may help protect against this cancer.

Asthma and allergies can appear at any age. Don't rule out either condition if you've got a chronic cough or cold, or if you're getting winded faster than usual during exercise. Allergies may also trigger mild rashes. If you can't shake these symptoms, see a doctor.

The risk of adult-onset diabetes is highest among people over forty who are significantly overweight. Unlike children who become diabetic when their bodies stop producing insulin, adult diabetics generally produce insulin, but their bodies don't respond enough to properly regulate their metabolism. Obesity is a risk factor because it makes body tissue less receptive to insulin.

Weight control—a difficult task for many women—is a key element of disease prevention that becomes increasingly important as we age. For a diet and exercise plan to help keep you trim and healthy for years to come, turn to page 72. ■

Lynn Harris is the author of "Tray Gourmet: Be Your Own Chef in the College Cafeteria" (Lake Isle Press, 1992).

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets

This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina) *and atrophic urethritis* (which may cause difficulty or burning on urination).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED

Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina, estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS

Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study shows that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. However, another study the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS

In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting, pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes
- Breast tenderness or enlargement
- Enlargement of benign tumors of the uterus
- Breakthrough bleeding or spotting
- Change in amount of cervical secretion
- Vaginal yeast infections
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression
- Involuntary muscle spasms
- Hair loss or abnormal hairiness.
- Increase or decrease in weight
- Changes in sex drive
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE

If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs)
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps
- Yellowing of the skin and/or whites of the eyes
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

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This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, PI 4060-1 Issued June 6, 1990 with the incorporation, in lay language, of pertinent text from the Physician insert, CI 4079-1 Issued May 23, 1991.

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Now the film's classic opening scene is recreated as "Tara...Scarlett's Pride," premier issue in the *Gone With the Wind* collection of architectural sculptures designed by award-winning artists Kenneth and Hope DeVan.

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Measuring just 3¾ inches high, this fascinating work of art is *entirely hand-painted* in 21 colors...including the graceful figurine of Scarlett O'Hara, Tara's beautiful belle.

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"Stone Cottage"
(Lilliput Lane)
Issue Price: $40.00
Current Quote: $200.00*

*As reported in the Collectibles Market Guide and Price Index for 1992. Number and source of sales not reported. Collector's plates trade through a unique trading system. Resale prices realized by individual collectors may be lower.

The low $39.90 issue price of "Tara... Scarlett's Pride" is a remarkable value for hand-crafted sculpture of this quality...especially when you consider how exceptional *Gone With the Wind* collectibles have performed.

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But with its hand-numbered Certificate of Authenticity and descriptive literature, "Tara... Scarlett's Pride" shows outstanding heirloom potential.

Your purchase is risk-free, backed by a *Five-Year Unconditional Guarantee*. Send no money now... simply return the order form today.

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Limit: One sculpture per order.

Please enter my reservation/order for "Tara... Scarlett's Pride." I understand that I need send no money now. I will pay for my sculpture in two monthly installments of $19.95† each, the first payable before shipment.

If I'm not completely satisfied, I have five full years to return my sculpture for replacement or full refund.

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Ms. Mr.

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City State Zip

Telephone

†Plus $3.94 total shipping and handling and any applicable sales taxes. Pending credit approval.

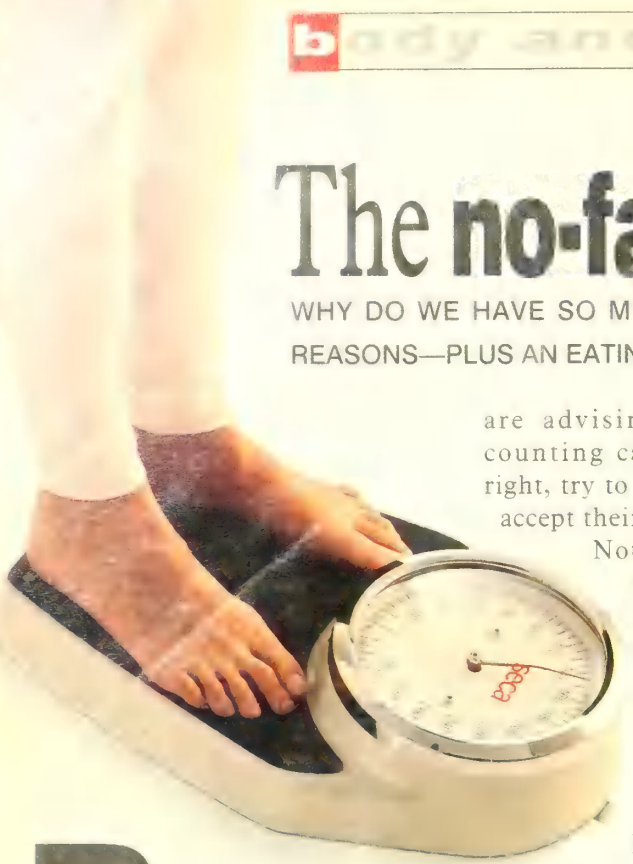
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The no-fail diet for women

WHY DO WE HAVE SO MUCH TROUBLE LOSING WEIGHT? HERE, THE REAL REASONS—PLUS AN EATING PLAN THAT WORKS.

BY ROBERT BARNETT



Baby boomers, like everyone else, are no strangers to dieting. At any given moment, up to 40 percent of American women are trying to lose weight. Yet, when they do manage to trim down, their success is short-lived. The pounds creep back on within five years in 90 to 95 percent of cases.

There are many reasons, both physical and psychological, that prevent women in particular from losing weight. Part of the problem can be blamed on metabolic rate (how fast or slow we burn calories), which slows 5 to 7 percent a decade, according to obesity researcher Xavier Pi-Sunyer, M.D., of St. Luke's/Roosevelt Hospital, in New York City.

But repeated shifts in weight may be worse than maintaining a stable weight—even a stable weight that is higher than ideal. In fact, the discouraging loss-and-gain process known as yo-yo dieting has been linked to a number of conditions, including diabetes, high blood pressure, heart disease and loss of bone mass. As a result, some health professionals are advising women to stop counting calories—to just eat right, try to exercise and learn to accept their bodies as they are.

Not every expert agrees with that approach. Los Angeles dietitian Mary Donkersloot, R.D., argues that there is a middle ground between endless dieting and simply giving up. Her weight-loss plan (see page 79) will help you learn to eat better, to control your appetite, and, in the process, to lose weight and keep it off.

You'll be most likely to succeed with the plan, however, if you understand the particular obstacles women face in the weight-loss battle. Below are some of the most stubborn.

Pears vs. apples Thanks to different sex hormones, women proportionally have about twice as much body fat as men, and tend to store it more in the thighs and hips, says Pi-Sunyer. Also, notes Susan Fried, Ph.D., associate professor of nutritional sciences at Rutgers University, in New Brunswick, New Jersey, there are more and bigger fat cells in the hips and thighs, and when a woman loses weight, these cells don't disappear; they just shrink, waiting for the next opportunity to plump up. Overweight men, by contrast, often develop a belly, or apple shape.

The problem with women's lower-body fat is that it's particularly hard to lose. This may seem like a cruel evolutionary joke, but it has a purpose. Lower-body fat is designed as an energy reserve for lactation, and there is only one way to budge it: "During breast-feeding, these fats are more easily burned," says Yale University biochemist Marielle Rebuffe-Scrive, Ph.D.

Since this is far from a perfect solution, women—although they can slim down and tone muscles—must accept their basic body shape.

Sometimes that takes some real adjustment. "I have one client who was going to Hawaii and wanted to wear a bikini." says Donkersloot. "She had lost forty pounds over a year and a half, but in the end, she still had a *(continued on page 76)*

"FOOD IS IN PERSPECTIVE NOW"



Ann Wegman, thirty-one, of St. Louis, lost thirty pounds in one year by switching from eating whatever was in sight to reasonable portions of grains, fruits, vegetables and protein. Today, although she curbs sugar and fat, Ann doesn't deprive herself altogether. "If I want a cookie," she says, "I have one—not the whole bag." Exercise, too, is instrumental. Says Ann, "Like many women, I'd still like to trade in my hips and tummy, but they're with me to stay. I've also inherited lots of things I like. Everything's in perspective now."



self-indulgence

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self-improvement

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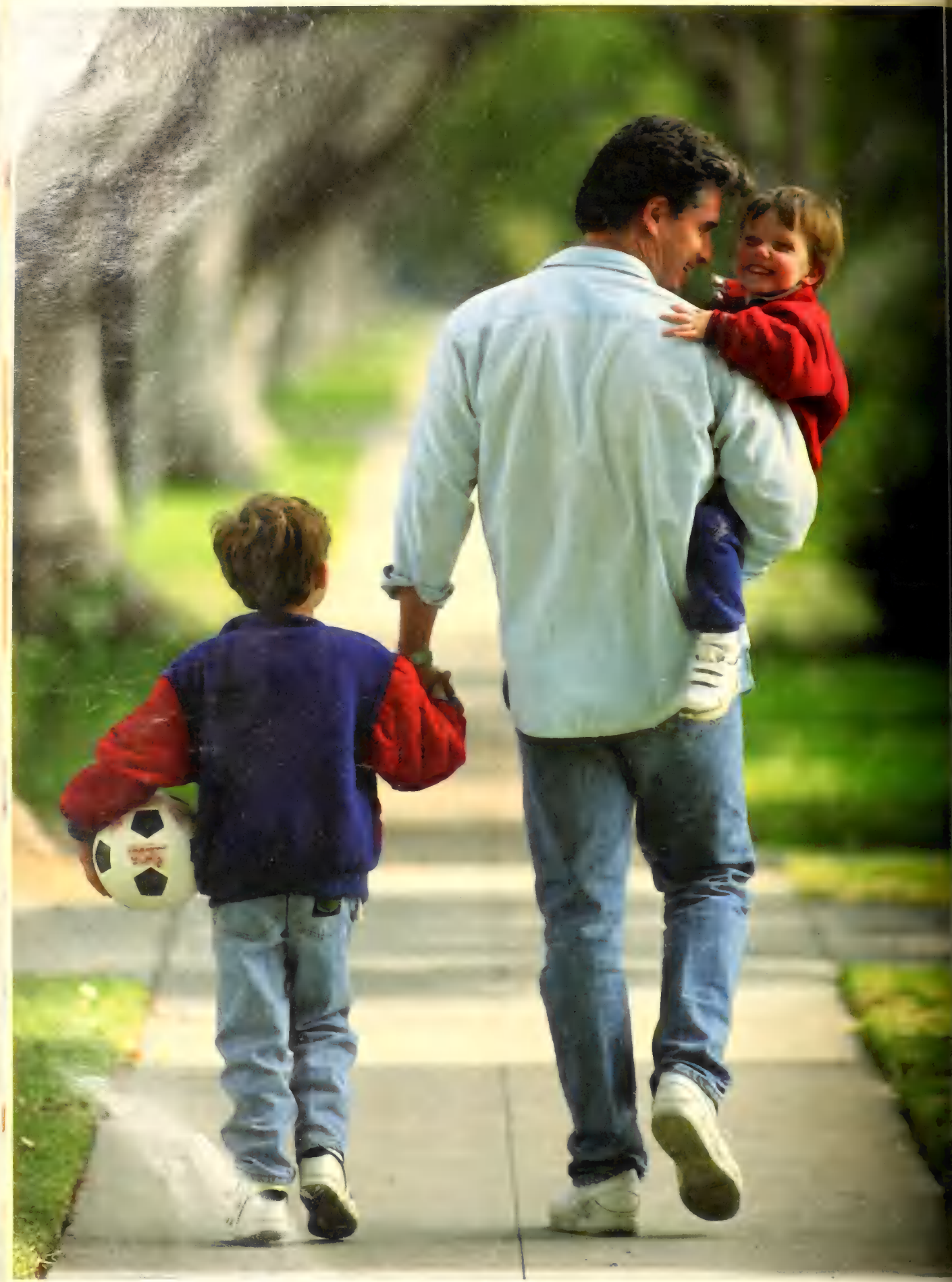
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Now you can have the best tasting single slice in the fat free world.



The Best in the Free World



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In fact, one thing NutraSweet Spoonful isn't good for is all the unnecessary calories you get with sugar.

Which raises another question altogether.

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POUR IT


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pear shape. She was a small pear, but still a pear." But Fried finds the fretting about lower-body weight ironic. "Having a pear-shaped body instead of one that's apple-shaped may protect younger women from heart disease." After menopause, when estrogen levels drop, cardiovascular risk increases in part because a woman tends to put on more weight in her stomach.

Presenting
The 8 Calorie Cookie.



(Actual Size)

Crazy cravings "It's an amazing phenomenon," says Nancy Kenney, Ph.D., associate professor of psychology and women studies at the University of Washington. "In the most casual survey, if you ask people whether they would like a doughnut or a roast beef sandwich, the men will pick the sandwich, and women will pick the doughnut. It's speculated that high levels of estrogen stimulate a preference for sweets."

But researchers are starting to find that the explanation for cravings may be far more complicated than simple estrogen. At Rockefeller University, in New York City, neurobiologist Sarah Leibowitz, Ph.D., has discovered two key brain chemicals, neuropeptide Y and galanin. The first prompts a desire for carbohydrates, the second, for fat. Usually, people have stronger cravings for carbohydrates in the morning, when neuropeptide Y is at its highest level, she finds. Galanin rises throughout the day, so that the appetite for fat is higher in the afternoon and even higher at night. It's not surprising, then, that urges to eat cheesecake are harder to resist at ten P.M. than at seven A.M. Although this is true for both sexes, higher levels of galanin are found in female lab animals.

Leibowitz has found that a compound called M40 blocks the galanin—a discovery that may eventually result in new weight-control drugs. Until then, a recent landmark study at the University of Rochester School of Medicine and Dentistry shows obese people may benefit from prescription diet pills already on the market. Men and women who followed a program of exercise, moderate dieting, behavioral modification and who took a combination of two nonaddictive drugs (fenfluramine and phentermine) lost an average of more than thirty pounds over a four-year period. The appetite suppressants have very few side effects and appear to be safe for long-term use. They had better be, because as soon as the volunteers went off them, their weight started to creep back on.

Get the lead out Everyone agrees that exercise is essential for permanent weight control, but here again hormones alter a woman's response to working out. "Females don't have the testosterone concentrations that allow them to build bulky muscle mass the way men do," explains John Duncan, Ph.D., associate director of exercise physiology at the Cooper Institute for Aerobics Research in Dallas, Texas.

One might be thankful for that. But muscle, or, as the experts call it, lean body mass, is crucial for weight control. It burns calories even when

: rest. "Fat is almost entirely in-
t," says Miriam E. Nelson, Ph.D., a
ientist at the USDA/Human Nutri-
on Research Center on Aging at
ifts University, in Boston.
But exercise is a great equalizer.
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Unrealistic images A final but crucial difference between men and women is in their attitudes toward body image and food. Beginning in adolescence, because of social pressures and cultural influences, women learn to believe that they will be more valued and happier if they are thin. So they start to diet.

Stanford University psychiatry professor Stuart Agras, M.D., has found a link between dieting and eating disorders like bulimia in susceptible women. "On days they don't binge, bulimics eat relatively few calories. But one small slip is appraised as being disastrous to the diet. Some women go on to purge to avoid excess weight gain, others just continually struggle with their weight."

Donkersloot also cites women's more frequent contact with food. "It sounds old-fashioned," she says, "but they're usually still the ones who buy food, cook it and serve it. All these external food cues can promote indulgence."

But although losing weight may be more difficult for women than men, that's no reason to give up, says Donkersloot. "The reality is, if women are given the right guidance about managing eating and exercising, they can lose weight."

Robert Barnett specializes in food and nutrition writing.

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STIMATING YOUR CALORIC NEEDS

oderate caloric restriction—what does that mean for you? To find out, first determine the level of calories that ll maintain your weight: Allow 1,000 calories for the first five feet, then add 100 calories per inch thereafter. (For stance, if you're 5 feet 5 inches, 1,500 calories daily will maintain your weight.)

Since one pound of fat is equal to 3,500 calories, you'll need to create a 500-calorie deficit each day for seven ys to lose a pound a week. If you go over or under 500, that's okay—just make up for it on the following day that you're working toward your weekly goal. This must be done through diet and exercise. Example: A oman who is 5 feet 5 inches tall can eat 250 calories less than 1,500 (1,250), and exercise 250 calories. That uld mean walking for 50 minutes or cycling or jogging for 25 minutes.

—MARY DONKERSLOOT, R.D.



The same thing happens to your body.

It's hard to believe, but the same thing that rusts the paint off your car may also wear down your body.

It's called oxidation and it happens every time you take a breath.

Simply explained, whenever oxygen enters your system, so-called "free radicals" can be formed. Many scientists believe these unstable particles are a leading cause of cell damage.

In fact, recent studies suggest that free radicals may play a significant role in the development of heart disease and cancer.



Oxidation, the process that breaks down an apple and turns it brown, may also cause cell damage in your body.

Studies also suggest that foods rich in antioxidant vitamins, like C, E and Beta Carotene, may neutralize many of the free radicals in your body.

Unfortunately, we don't always eat the way we should. This is where an intelligent regimen of vitamins may be able to help.

While studies haven't proven that vitamin supplements offer the same protection as foods rich in antioxidants, we at Nature Made® have combined high levels of C, E and Beta Carotene into one easy to swallow softgel.

Introducing our new Antioxidant Formula. Just like all our vitamins, our new formula contains no artificial colors, flavors or preservatives.

Since different people have different needs, Nature Made offers a complete line of over 120 vitamin and mineral supplements—including our latest formula that may help fight the destructive effects of oxidation.

Too bad we can't do the same for your car.



Nature Made. The more you know, the better you'll feel.™

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Other tissues with lotion

Kleenex® Ultra™ with oil-free lotion



Introducing Kleenex® Ultra™ With Oil-Free Lotion.

New Kleenex® Ultra™ tissues are made with the softness of an oil-free lotion. Oil-free, so there's never an oily residue, only a feeling that's exceptionally soft.

Kleenex® Ultra™. Ultra Softness Is All You Feel.



Heart Association for a referral.

7 Drink no more than four alcoholic drinks per week.
Many people drink to unwind after a busy day. But in truth, alcohol creates a chemical imbalance in the body, leading to even higher levels of tension and anxiety. Five or more drinks a week can even create an artificial, chemically induced state of stress.

Substitute other ways of relaxing in tense times. For instance, go for a walk or listen to soothing music.

8 Keep your weight at a healthy level.
A positive self-image is a key factor in dealing with stress, so maintain a weight that makes you feel good about yourself.

But don't get neurotic about eating or try quick-weight-loss techniques. Instead, eat less fat and sugar, and eat more fiber and a variety of healthful foods. Change your behavior, too. Eat only when you're hungry, not when you're bored, upset or stressed-out.

9 Be affectionate.
Research shows that people who regularly give and receive affection live longer, are healthier and report a higher quality of life than those who do not. Make a practice of always greeting your loved ones with a hug or a kiss or five minutes of undivided attention at the end of the day.

10 Stay in touch with your relatives.
Families provide emotional and practical help in times of crises. If you have relatives nearby that you're not close to, strengthen the bond. Visit, call, ask them over for dinner. If you don't live near your family, call or write regularly to maintain the connection. Lean on each other for support and advice.

11 Plan for financial security.
Money is a powerful resour in coping with stress. Havi money bolsters your self-esteem an eliminates many of your worri about tomorrow.

Sit down with your partner an develop a family budget and a lon term plan for saving and investin Or see a financial planner for advic

12 Draw strength from yo religious beliefs.
Spiritual beliefs can be powerful resource during times duress. Having trust in a high power decreases feelings of isolati



and abandonment, and gives life sense of meaning and purpose.

Developing a source of guidance your life will help put stressful even in perspective. Take time each d for meditation, reflection or prayer.

13 Get out and socialize.
Clubs and social activiti provide an organized way get together with people who sha your interests and goals. The frien you make there can provide a su port network in times of need. Co sider joining a sports, professiona political or charitable organizatio or taking a class.

14 Make time for friends.
A strong social netwo helps fight off feelings loneliness, isolation and despai Friendships have been shown protect people from depression, health following job loss, feelings dissatisfaction, *(continued on page 8)*

The Power.
The Passion.
The King.

ELVIS

"The '68 Comeback Special"

CERTIFIED PREMIERE GRADE THE ASHTON-DRAKE GALLERIES

ean, handsome, dressed in sexy lack, Elvis stands alone on a small tage, and sings to a live audience for ıe first time in many years. It's The ing at a career milestone, in touch ith his fans as only he could be.

"Elvis — The '68 Comeback Spe-ial," by noted portrait artist Lia Di eo, is the first issue in the *Elvis: Life-me of a Legend* collection, a group of orcelain dolls that captures mile-tones in the life of The King.

Elvis: The '68 Comeback Special" is rafted with head and limbs of bisque orcelain, hand-painted to capture is intense emotion as he "sings." His air is custom-styled, and his black, eatherlike outfit is authentically ailored.

Recommended by Ashton-Drake, Elvis: The '68 Comeback Special" is ertified *Premiere Grade*—your assur-nce of superior artistry and crafts-ıanship. As an heirloom-quality doll ith exceptional credentials, he may e a wise investment as well.

Bring this dramatic portrait into our home for only $99.95. But urry. . . "Elvis: The '68 Comeback pecial" is issued in an exclusive dition. Order today.

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This doll is amazingly lifelike. Actual size is 16 inches tall. Complete with height-adjustable standing mike and doll stand.

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May 15, 1993

ES, please enter my reservation for "Elvis: The '68 Comeback pecial," first issue in the *Elvis: Lifetime of a Legend* collection. Limit ıe. I understand that I need SEND NO MONEY NOW. I will pay r "Elvis" in four convenient monthly installments of $24.99* ch, the first being billed before shipment of the doll.

y satisfaction is unconditionally guaranteed. I understand at I may, for any reason, return "Elvis" to the Ashton-Drake alleries at any time within ***one full year*** after I receive him for a fund or credit of the full purchase price, including postage.

X _____
Signature

Name (please print clearly) ( ) Telephone

Address Apt. No.

City State Zip

*Plus $5.88 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $149.00 plus postage and handling and any applicable sales tax.

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Odds Are 3 To 1
You'll Think
Healthy Favorites™
Tops Healthy Choice.®

Cope with stress

continued from page 82

anxiety or depression caused by job stress, and recurrence of heart attack.

Maintain your social network and make new friends whenever possible. Reciprocate invitations, return calls, schedule regular get-togethers. Let your friends know how important they are to you.

15 Confide in a person you trust.
Having one or more close friends is vitally important. One study showed that women who experienced severe stress and did not have a close friend to confide in were twice as likely to be depressed than equally stressed women who *did* have such a relationship.

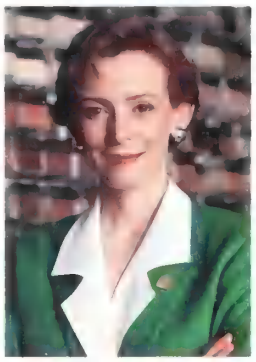
A good friend boosts your morale by just being there. These relationships help buffer the stress in your life.

16 Get negative emotions off your chest.
Anger, anxiety and depression are the predominant stress emotions. Bottling them up damages your health and decreases your resistance to stress. Express your emotions in an appropriate way. Be assertive and communicate your feelings to others directly and honestly, but be sensitive to their feelings, too.

17 Resolve daily hassles with your family.
Teamwork makes life much easier—especially when it comes to handling domestic chores and problems. So, talk t your family openly, honestly, re spectfully and assertively. Witl out regular communication, dail hassles become chronic sources c resentment. Hold a weekly mee ing to discuss chores, schedule and finances.

18 Do something fun at leas once a week.
Our research indicate that people who do somethin enjoyable at least once a wee

"I'VE LEARNED TO DEAL WITH STRESS"



"I'm a mother, I work, and I also put in a second shift at home," says Camilla Gray, thirty-nine, of Chicago. Camilla lets off steam by taking time out to talk to her friends. "It helps to know other women have the same problems." She also sees a nutritionist weekly to keep off the thirty pounds she's lost. But when she really needs to remove herself, Camilla turns to reading. "On the train, having lunch at my desk, or when the baby is napping—even if I know there are tasks to be done around the house—I'll just take that time and read. It's a total escape."



xperience less stress from the emands and pressures of family, eel better about themselves, ave less marital turmoil and ave fewer symptoms of stress han those who report they never ave fun. Make a list of activities ou enjoy and add a few to your eekly schedule.

19 Organize your time effectively.

Too much to do in too little ime is a surefire recipe for stress. he key: Prioritize, plan and protect. irst, work up a list of priorities. hen, plan how to handle them. Decide on a schedule; set realistic deadines. Finally, say no to unwanted emands and avoid time wasters.

20 Take quiet time for yourself every day.

Setting aside fifteen or wenty minutes twice a day to do hatever you want to do slows your etabolism, lowers your blood pressure, reduces your heart rate and recharges your mind and body. Read, listen to music, or simply sit and do nothing.

21 Be optimistic.

Studies have shown that optimists have fewer mental and physical symptoms of stress. They have hardier personalities, because they have a sense of commitment, challenge and control.



If you're a pessimist, here's how to be more positive: ■ When faced with a challenge, say to yourself, "I can do it." ■ Think back to your successes. Consider what worked for you then and what might work now. ■ Don't overreact in stressful situations. Tell yourself to stay calm. ■ Don't dwell on things endlessly. Let go and relax. ■ Smile every chance you get. ■ Everything has an upside and a downside; look at both as realistically as you can.

To find out more

■ For a free copy of "Plain Talk About Handling Stress" or "Plain Talk About the Art of Relaxation," write or call the National Institute of Mental Health, The Parklawn Building, 5600 Fishers Lane, Room 15C-05, Rockville, MD 20857; 301-443-4515.

■ For a free copy of "How to Deal with Your Tension" or "Women's Changing Role: Finding a Balance for Mental Health," write or call the National Mental Health Association, 1021 Prince Street, Alexandria, VA 22314-2971; 800-969-NMHA.

A vital test for pregnant women



All expectant mothers should be screened for group B streptococcus according to the American Academy of Pediatrics. Strep B, a common bacteria, may not harm healthy adults, but it does pose a serious threat to newborns infected during birth.

Fifteen to forty percent of pregnant women are carriers of group B strep, and it's estimated that 12,000 newborns will be infected this year. Of these, 1,600 will die. Nearly 1,500 more will suffer permanent brain injury; others will develop lung and kidney damage or sight and hearing loss.

Experts say the best time for testing (a painless swab of the vagina and rectum) is the twenty-sixth to the twenty-eighth week of pregnancy. It's also possible to be screened just before delivering. If a woman is harboring the bacteria and has a risk factor for transmission (premature delivery or rupture of membranes, fever during labor, or multiple births), she will be treated with antibiotics while giving birth. Mothers who have previously had a baby infected with group B strep are most likely to pass on the bacteria again, so doctors suggest that they always get antibiotics at delivery.

For more information, send a self-addressed, stamped envelope to the Group B Strep Association, P.O. Box 16515, Chapel Hill, NC 27516.

—Sally Squires

TALCUM POWDER AND OVARIAN CANCER

You may have heard that using talcum powder for feminine hygiene can up the chance of developing ovarian cancer. A study from Harvard Medical School now strengthens that link.

Researchers compared 235 women with ovarian cancer to 239 healthy women of similar ages. They found that those who estimated they'd used talc daily on their genitals for over ten years had more than twice the ovarian cancer risk than those who didn't use powder. Risk was approximately three times higher for women who said they'd made over ten thousand applications (daily for about twenty-seven years). Applications of talc on underwear, sanitary napkins or diaphragms were not linked to an increased risk.

Although experts say there's still no definitive connection between talc and ovarian cancer, study co-author Daniel W. Cramer, M.D., suggests that any potentially harmful exposures be avoided, and advises against the use of the powder in genital hygiene.

—S.S.

ONE-SHOT CHLAMYDIA CURE

A newly available antibiotic can wipe out chlamydia, one of the most common sexually transmitted diseases (STDs), in just one dose, eliminating a lengthier treatment program and prolonged side effects from medication. David H. Martin, M.D., and his colleagues at Louisiana State University Medical School in New Orleans, studied 299 women and 158 men and found that one-time treatment with four capsules of the antibiotic azithromycin is just as effective and a lot more convenient than the traditional week-long regimen. Both partners must be treated to clear the STD, which can cause pelvic inflammatory disease, infertility and tubal pregnancy. It can also be transmitted to infants during birth, often resulting in pneumonia or other serious illnesses.

—Joan Lippert

A high blood pressure gene

For the first time, an international group of scientists has pinpointed a gene linked to essential hypertension, the form of high blood pressure that's related to eating salt. The gene controls production of a protein that's key to regulating the body's blood volume, which, in turn, influences blood pressure.

Though this is only one of several genes thought to play a part in the disorder, the study of 379 pairs of adult siblings in Paris and Salt Lake City could, in time, lead to a new test to help determine who is at risk. It may also help doctors choose the best therapies and develop new drugs, says Claude Lenfant, M.D., director of the National Heart, Lung, and Blood Institute, which helped to fund the study.

—S.S.

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"Lady, it's going to be expensive!"

What are the odds of your being cheated by an auto mechanic? LHJ sent a reporter to find out. Plus, a master mechanic teaches you how to avoid rip-offs



Above, Sharlene Johnson and our ace mechanic, Andrew Panagakos. LHJ's hidden camera catches the action from station to station

BY SHARLENE KING JOHNSON

Most people would rather have a root canal than take a car in for repairs. Whatever the problem—and let's face it, we usually have no idea what's wrong with the car—it's almost guaranteed to be expensive. And when it's time to pay that seemingly exorbitant bill, who really knows if all those new parts were necessary? Since few car owners truly understand what happens under the hood, especially with today's high-tech, computerized cars, many of us wonder if we've been the victim of a dishonest mechanic.

To see just how honest service stations really are, Andrew Panagakos, a master technician certified by the National Institute for Automotive Service Excellence (ASE) and co-owner of the Texaco station in Maywood, New Jersey, taught me how to rig a 1990 Dodge Spirit to create two common repair problems. The first was a relatively simple and inexpensive problem: a nonworking headlight (we substituted a blown fuse for the good one). The second malfunction was more ambiguous: With an injector wire partially unplugged, the car misfired on one cylinder and idled roughly, thus triggering the "check engine" light. Although time-consuming to locate, this problem requires no parts—the only charge should be for diagnostic time.

Before I began, the car was completely checked out by Panagakos, who has been repairing cars for over sixteen years. He gave it a clean bill of health. Over the next three days, I chose two garages at random in each of three states. At half the stations, I had the headlight fixed; the other three dealt *(continued)*

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Car repair
tinued

ith the "check engine" light. To see ether my knowledge—or lack of knowledge—made any difference in how I was treated, I pretended to be very savvy about cars the first day, to have an average amount of knowledge the next day and to know absolutely nothing about cars on the third. Panagakos checked the repair work at the end of each day.

Here's what happened:

DAY ONE, 10:15 A.M. My first stop was on Highway 46 in Clifton, New Jersey. I pulled in to a parking lot just before I reached the station, checked my lights (both worked) and then substituted a blown fuse for the one that goes to the driver-side headlight. I checked again to be sure the headlight was out.

10:20 A.M. I drove to the station and told the mechanic my headlight was not working. While I watched, he replaced the bulb. Since the headlight still did not work, he put the old bulb back in and changed the fuse. Charge: $2 for the part, no charge for labor. Great! I had met an honest man.

11:00 A.M. The next station was in Cedar Grove, New Jersey. I partially unplugged the injector wire, and drove into the station. Using the right lingo, I told the mechanic that my car was idling roughly, or missing, and that the "check engine" light was on. I said—with great authority—that I knew one cylinder was not firing and suspected a bad spark plug, spark plug wire or fuel injector (which was, in fact, close to the truth, since the injector wire wasn't connected completely). I also mentioned that the alternator belt had been changed recently, and it was possible that something had simply been knocked loose at that time. I told him the car had just had a tune-up three months ago. We went for a test drive, and the mechanic agreed that it was missing and that one of the possibilities I had mentioned was probably correct. I left the car with him and called every two hours to check on his progress.

5:05 P.M. Finally, I was told that the problem had been solved, and I went back to pick up the car. Total cost: $176.49 for a complete set of new spark plugs, new ignition wires, a new distributor cap and rotor, plus labor. So much for my authoritative stance! He said nothing about the loose injector wire. I asked to keep my old parts—they found everything but the rotor—and returned to Maywood.

5:20 P.M. I noticed on the way back that although the car was no longer missing, it was not running well.

6:15 P.M. I found out when I got back that not only did the Cedar Grove mechanic do a lot of unnecessary work, he did it badly. Panagakos discovered that the center electrode on my new distributor cap was broken, the mechanic hadn't fastened the air cleaner down after he changed the spark plugs, and one of my new spark plug wires was cracked. I had been charged almost $200 for a slapdash job and defective parts! Panagakos reinstalled the original parts, which were still in good shape.

DAY TWO, 11:00 A.M. With the blown headlight fuse substituted, I stopped at a small garage in Suffern, New York. The mechanic, who couldn't have been a day over nineteen, quickly discovered that the bulb was fine, then tested and replaced the fuse. All for no charge. (He even checked the rest room for cleanliness when I asked to use it!)

1:10 P.M. I found the next station in Spring Valley, New York, and again I partially disconnected the injector wire. Since this was my day to act like I had an average amount of knowledge, I told the mechanic only that the car was obviously not running well and that the "check engine" light was on. I gave him basic information like the make and model of the car when he asked for it, but not much else. He did some initial checking while I waited and then came and told me that one cylinder was not firing. He drew a diagram of the engine to illustrate and kept repeating that the car was a six-cylinder. Apparently, what I thought was an average display of knowledge was interpreted by the mechanic as being just short of stupid. I left the car with him and called every hour or so until it was done.

5:35 P.M. When I picked up the car, he said, "I was able to locate the problem and I repaired it." He didn't say what the problem was (and I didn't ask). He had also changed the spark plugs, he said, because the ones in the car were the wrong type. Out of curiosity, I did ask him to explain what he meant by *(continued)*

Car smarts

While a basic understanding of your car will not necessarily protect you from being cheated, it may decrease the odds. At the least, it should force a mechanic who does plan to cheat you to be much more careful, and perhaps you won't end up spending as much as you would have otherwise. One caveat: If you try to sound far more knowledgeable than you really are, you're likely to make a mistake and end up sounding foolish.

- Read your owner's manual, cover to cover. This may sound like simplistic advice, but you'll be amazed at what you learn, even if you think you know a lot about your car. (If your car is old or used and the manual is missing, write to the manufacturer.)
- Know the make and model of your car, and memorize your license plate number. (You usually be asked to fill out a form with this information, as well as your name, address and phone number.)
- Know how many cylinders your car has. Also, know if it is a front-wheel, rear-wheel or four-wheel drive.
- Know the location of the hood release inside the car and the latch under the hood itself. You should also know where to find the dipsticks for oil and transmission fluid, and where to add windshield washer fluid, brake fluid and antifreeze.
- Keep accurate records of regular maintenance and repairs, including oil changes, tune-ups, new tires. You'll sound like a pro if you casually mention that the car just had a tune-up at 40,000 miles.
- Pay attention to your gas mileage. Any sudden change can be an indication that something is wrong.

To extend the life of your car and cut down on repairs in the first place:

- Make sure you have the car serviced regularly. You'll find the recommended intervals for oil changes and tune-ups in your owner's manual. However, Panagakos maintains that since most cars are driven harder than what is considered normal by manufacturers, you should have the oil changed approximately twice as often as the owner's manual recommends, usually about every 3,500 miles instead of the 7,000 or so miles listed. This can extend the engine life of your car by as much as 50,000 miles.
- Taking a new car to a place other than the dealership will not jeopardize your warranty. However, the station must use parts that meet the manufacturer's specifications, and you are obligated to keep accurate service records to show that you had the car serviced at more frequently than the recommended intervals.
- Federal regulations require a warranty of at least five years or 50,000 miles—whichever comes first—on emissions-control systems, even if the car changes owners. If you are having repair work done and the part is under warranty, an honest mechanic should refer you to the dealer, though you can choose not to go. The dealer is obligated to repair emissions problems for no charge if an original part or system fails due to a defect in materials or workmanship. For a complete explanation of the law, including what to do if the manufacturer will not honor your warranty claim, order a copy of "What You Should Know About Your Auto Emissions Warranty." Send fifty cents to the Consumer Information Center, Dept. 407Z, Pueblo, CO 81009.
- Get into the habit of looking at your tires occasionally. Do any look lower than usual? How is the tread holding up? Is the tread worn more on one tire than on others? Do you see any cuts or bulges? Also, learn how to inflate your tires properly. (Don't trust the gauge on service station air pumps; they are rarely reliable. Use your own.)

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repair

wrong type." His answer was completely incomprehensible—perhaps because he was trying to avoid terms he thought I wouldn't understand—but it seemed to have something to do with the brand name of the spark plugs. The cost: $95.33 for computer diagnostic time and a new set of spark plugs.

6:45 P.M. Back at Panagakos' station, we found that the injector wire had indeed been found and plugged in. However, Panagakos discovered that the spark plugs in the car were the original ACs, not the Champions that the Spring Valley mechanic said he installed. Ripped off again! Wonder what he would have done if I had asked him to give me the old spark plugs?

DAY THREE, 12:15 P.M. This was my day to act dumb. In Cos Cob, Connecticut, I again installed the blown fuse, after checking the bulbs, and drove to the station. This time, after the mechanic agreed to check the headlight, I said I wanted to do some shopping at a store across the street and left the station.

12:35 P.M. When I returned, the attendant told me that he had changed my headlight bulb. The cost: $26.50. No mention of the fuse, although it had been replaced. Since we hadn't marked the bulb, there was no way to tell if he had really changed it or if he had left the old one in. Either way, I paid thirteen times more for a bulb I didn't need than I would have paid for the $2 fuse.

1:30 P.M. The final station I went to was in Greenwich, Connecticut. Since it was a busy shop, the mechanic warned me that it would be some time before he could look at the car. When he asked me to describe the problem, I said the car was "sort of jerky." He was a little impatient with that explanation, but I told him nothing else and left.

4:35 P.M. When I went back for the car, he explained that the problem had been a loose injector wire. His explanation was easy to follow, and he used the correct terminology. The cost: $31.16 for diagnostic time. Even though I had pretended to know nothing about cars, it didn't matter: I had found an honest mechanic. ■

THE COST OF CAR REPAIRS

For *LHJ*'s reporter, the cost depended on the honesty of the mechanic.

	Headlight	Injector wire
DAY ONE	$2	$176.49
DAY TWO	No charge	$95.33
DAY THREE	$26.50	$31.16

How not to be a victim

After my experiences, I asked Panagakos for tips on how to avoid being cheated. I had already learned that choosing a mechanic at random was not the way to go—50 percent of the service stations I went to overcharged me, whether or not I seemed knowledgeable about my car.

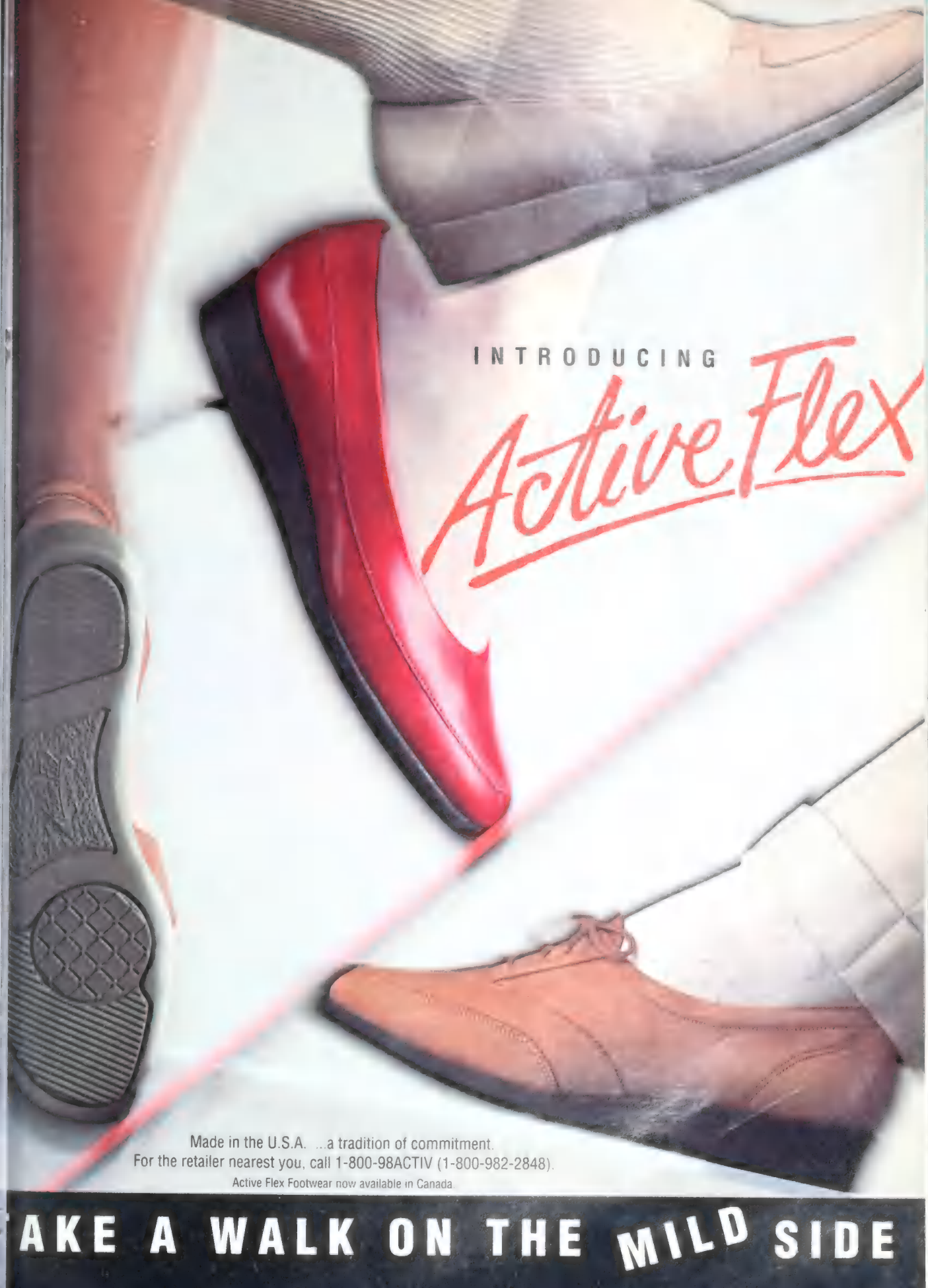
First of all, Panagakos maintains that your best defense is to build a long-term relationship with one good mechanic. The more you get to know him, the less likely it is that he will try to cheat you. (The trust works both ways. A mechanic who knows you may be willing to work out a payment plan if your car ever needs expensive repairs, rather than insisting on full payment immediately.)

The worst mistake most people make is bouncing from place to place, getting the oil changed at station A, going to station B to have the wheels aligned and later to station C when the car isn't running well. Instead, use the following guidelines to find an honest, knowledgeable mechanic and then stick with him. Even if your car someday has a problem that his shop doesn't handle, your mechanic should be able to refer you to a reliable place.

- Ask friends, co-workers and neighbors for references.
- Look for a shop certified by the National Institute for Automotive Service Excellence (ASE); if you see the ASE sign displayed, go inside and ask to see the certification. You can also look for a garage certified by the Automobile Association of America (AAA); members can request a list from the local branch office.
- Make sure at least one mechanic in the shop has Master Technician status (a person who is certified by the ASE in all eight categories of automotive repair). Re-certification is required every five years, so make sure his is current. If you don't see the certificate displayed, ask to see it.
- Ask to tour the shop. Is it well organized? Look for up-to-date equipment, including a computer analyzer.
- Ask several shops in your area for their hourly rates. Be wary of anybody who charges considerably more or less than average.
- Call your local Better Business Bureau and ask if they've received any complaints on the shop you are considering.
- Don't wait for an emergency to find out where to take your car. Do your research in advance. If you're planning a trip, have the car checked out by a mechanic you trust before you go. (If you do break down, you can still look for a shop with the certification signs explained above.)

Once you've chosen a shop:

- Ask what the shop charges for diagnostic time. Today's cars are equipped with sophisticated computers that require equally sophisticated—and very expensive—diagnostic machinery. Make it clear that you understand you are responsible for the time it takes to do a computer analysis and find the problem. Mechanics frequently believe that a customer will be angry if she gets billed for a simple problem (even though it may have taken several hours to find out what was wrong). As a result, the mechanic will often change a few parts just to make the customer feel like she got something for her money. Then you end up paying for parts you didn't need in addition to the labor. (In part, I think this helps explain what happened to me in Cedar Grove, New Jersey, and Spring Valley, New York. The service stations I went to used a computer analyzer to find the loose wire.)
- Describe the problem in detail. Never just say "something's wrong" and leave it at that. With a dishonest mechanic, you'll be leaving yourself open to everything from a barrage of new parts to a complete engine overhaul. (In Cedar Grove, I did describe the problem well and was still sold a bunch of unnecessary parts. But at least the parts were somewhat plausible, given the car's symptoms. What kinds of parts would he have sold me if I had acted as though I knew nothing about cars? An expensive new water pump? A battery?) If it means making a stupid-sounding noise, go ahead. If you feel comfortable with the mechanic, go for a test drive and indicate at what point you hear the noise. Tell the mechanic when you first noticed the problem, at what speeds it occurs, during what kind of weather (only on cold days, for example) and anything else you can think of. If you noticed fluid leaking from the car, tell him what kind: Transmission fluid is red, pink or light brown; oil can be amber, dark brown or black; coolant is either blue or green (a Japanese car may have red coolant). Clear water is probably normal condensation from the air conditioner.
- Ask for a written estimate, especially if you don't know the mechanic well. Expect some leeway, however. Not all problems can be anticipated in advance.
- If the problem is minor and will be worked on outside the shop area, stay to watch and ask questions.
- If the problem is more extensive and you cannot stay, leave a number where the mechanic can reach you. This is important because once he has found the problem, it might require your okay to fix it. If he cannot reach you, he may need to reassemble the car and move it out of the garage to make room for another car. (Ask him to give you a time frame.)
- Ask the mechanic to save any parts that he replaces.
- When you get the bill, make sure everything is itemized and ask for an explanation of anything you don't understand. Don't be intimidated by complicated-sounding terms.


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Newsline report

Salad in a bag

Eating your veggies is becoming easier than ever. Packaged salads—prewashed and precut lettuce and vegetables—are already popular in some Western states and may soon be the rage on the East Coast, too. Assortments run from basic to gourmet—including organic baby greens, radicchio, endive and romaine. Plastic packages keep the contents crisp and fresh. Prices vary according to contents—anywhere from $1 to $5 per pound. Snack time may never be the same. —CAROLYN O'NEIL, *ON THE MENU*

Seeking alternatives

When it comes to health care, many Americans aren't satisfied with just going to the family doctor. A recent study headed by David Eisenberg, M.D., of Beth Israel Hospital, in Boston, shows that one in three of those surveyed had used some kind of alternative therapy such as chiropractic, massage or acupuncture. The researchers estimate that in 1990 Americans on the whole spent more than $13 billion on about 425 million visits to alternative-therapy providers, exceeding the number of visits to primary-care physicians by almost forty million. —JEFF FLOCK, CNN CHICAGO

QUOTE OF THE MONTH

"It's a flawed prize, but I certainly would love to get one. It'd be great, and I have lots of people I'd like to thank, so it would be a good opportunity to get up there. Geena [Davis] said last year, 'Oh, it's so much nicer when you win,' so I'll take her word for that. I'm sure it is."

—SUSAN SARANDON, ON WHAT IT WOULD MEAN TO WIN AN OSCAR, APPEARING ON CNN'S *SHOWBIZ TODAY*

Making your 401K pay

Company-subsidized 401K plans are a great deal for employees, but the bewildering mix of stock, bond and mutual funds offered can baffle the inexperienced investor. The most common mistake: not taking enough risk. Young employees should have a higher proportion—even as much as 80 percent—of their 401K funds in stocks, experts say. The rest should be in money funds and bonds. An older person might choose a mix of 60/40. And, experts advise, don't try to play the market by readjusting your mix every month; it usually does more harm than good. The best advice: Don't wait to sign up. A forty-year-old who puts $3,000 a year into a 401K now will have $500,000 by retirement, while a thirty-year-old will pile up $1.5 million.

—STUART VARNEY, *YOUR MONEY WITH STUART VARNEY*

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PRESENT
UP-TO-THE-MINUTE
FACTS AND FINDINGS
ABOUT THE
WORLD TODAY

PC porn

It's eleven o'clock; do you know what your children are downloading? It could be computerized pornography. An increasing number of electronic networks, known as bulletin boards, offer X-rated material that anyone with a personal computer and a modem can access. By dialing phone numbers advertised in computer magazines, users can call up both still and moving images on their screen. Federal law hasn't yet caught up to this exploding problem, but media-watchdog groups are calling for legislation to prohibit use by minors.

—MILES O'BRIEN, *SCIENCE AND TECHNOLOGY WEEK*

Show your toes

Bare and sexy are key elements for spring footwear. To flatter the season's soft, flowing fashions, top designers are showing sandals, mules, clogs and espadrilles. In Milan, Giorgio Armani likes flat sandals for day and evening; "The barer, the better," he says. Donna Karan adds ankle straps to stretch-cotton espadrilles and leaves them open in the back. "They're really a modern way of wearing what's actually almost a sneaker," she says. —ELSA KLENSCH, *STYLE WITH ELSA KLENSCH*

Watch CNN's ***On the Menu*** for enticing reports on food, nutrition and cuisine (Saturday, 3 P.M., Sunday, 10 A.M. E.T.) and ***Showbiz Today*** for an inside look at the 65th annual Academy Awards (weekdays, 5:30 P.M., E.T.).

The kids begged me to get her. They promised to brush, bathe, clean, feed and pick up

after her. Of course, they don't. I do. It's like having one more kid in the house except Roxy sees a veterinarian instead of a pediatrician. And her vet insists I feed her Hill's® Science Diet.® He said just as humans have to eat the right foods to be healthy, dogs have to eat the foods that are right for them. And that's exactly what they get with Hill's Science Diet. He called it Nutrient Precision.℠ So for Roxy, it's Hill's Science Diet because I want to do everything I can to keep *my* dog healthy. And if the kids still want a dog, they'll have to find one of their own.





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Women talk about the most intimate aspects of our lives

"My husband drinks too much, does yours?"

I had to force my husband to face his addiction—even if it meant the end of our marriage

Christmas 1980 I meet Martin* at the art exhibit I'm helping to publicize, and I invite him out for a drink. He's handsome, articulate, educated—just the sort of man I've been looking for. Six weeks later, he asks me to dinner. By dessert, I'm in love.

May 1981 As Martin takes me to meet his parents for the first time, he confides that his mother drinks a bit too much.



Only later do I learn that she has never received treatment and the family denies she needs it. Like the proverbial elephant in the living room, everyone notices her drinking, but no one ever mentions it. I know that Martin likes a beer every so often himself, and occasionally smokes pot with a few old friends, but he doesn't seem to have a problem.

1983 Now that we're married and trying to start a family, I can't stand to see Martin using pot. How can he be a responsible parent if he's high? I confront him, and he agrees to enter a three-month outpatient program at a local substance-abuse clinic, followed by four months of follow-up care.

It is at the clinic that I learn the truth about substance abuse—the disease, the denial, the problems it can cause. This is a confusing, complex and frightening new world for me. We learn, too, that Martin's pot use and his family history put him at risk of addiction to alcohol or other drugs. I am relieved when Martin completes the program, committed to total sobriety.

1985 We've been blessed at last with our beautiful daughter, Emily. Well-meaning friends bring a bottle of champagne, and Martin has a glass—his first drop of liquor in two years. I'm a little disturbed, but I assume this is just a one-time lapse to celebrate the happy occasion. It won't happen again, I tell myself.

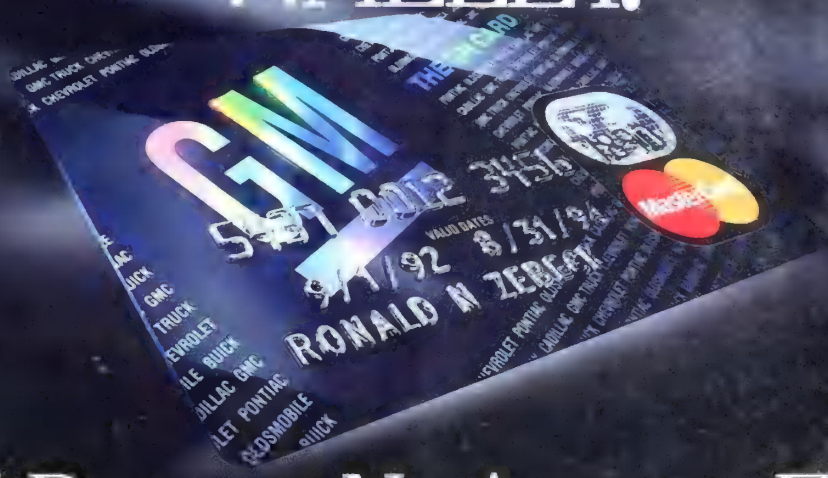
1986 Our lives and careers flourish, but gradually, Martin goes back to ordering wine at restaurants instead of his usual iced tea or soda. However, motherhood takes so much of my time and energy that I put my concerns about this on the back burner.

1987 Martin now stocks the fridge with six-packs, and that scares me. This is more than mere social drinking. When I mention it, though, he becomes defensive. "What's the big deal, Carol? I'm simply enjoying one beer." But at parties, he enjoys *several* beers when he thinks I'm not looking. Meanwhile, we're arguing more, and our fights are becoming increasingly abusive. He swings from *(continued)*

**All names have been changed.*

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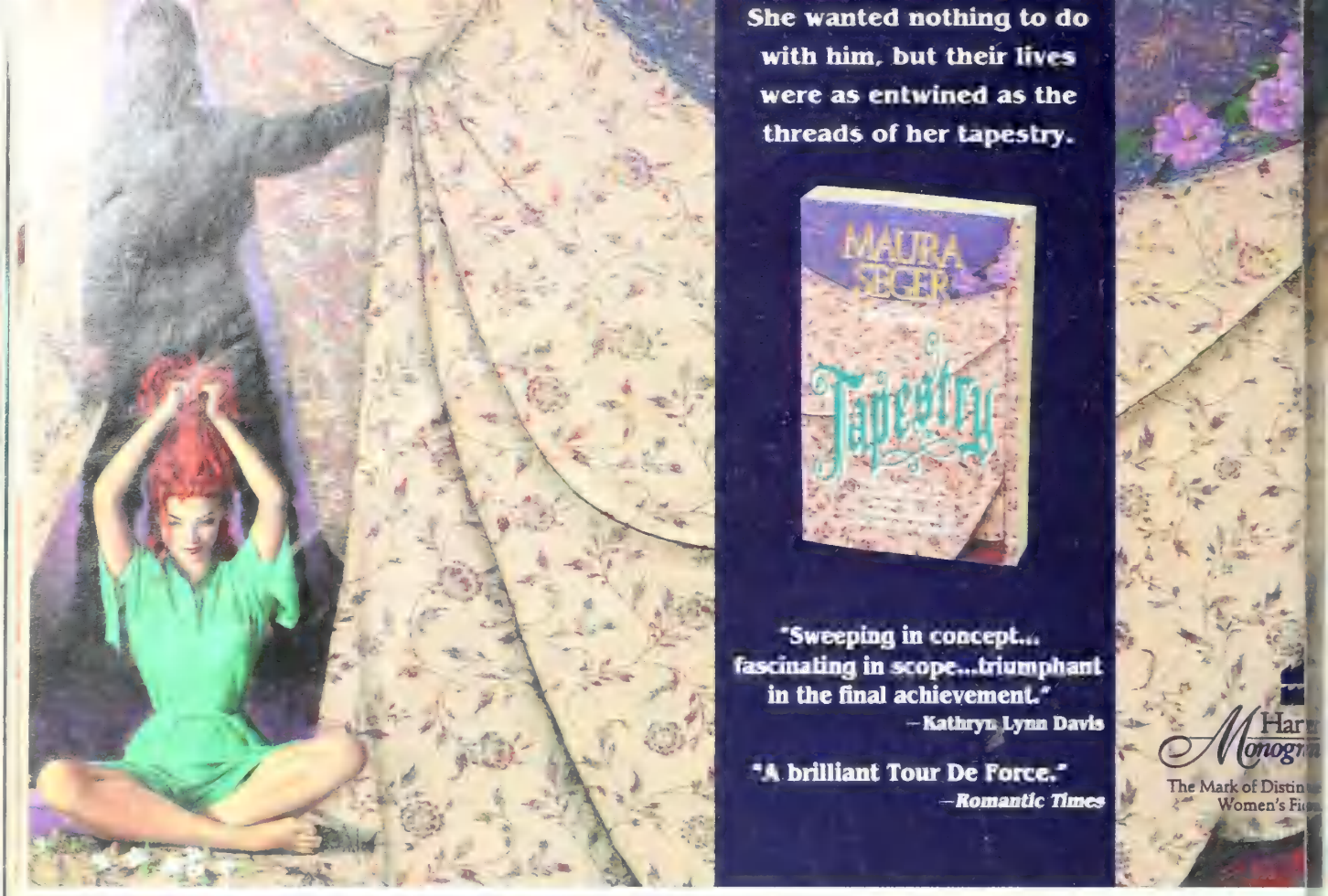
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Woman to woman

continued

happiness to hostility and back again. I see a therapist, and Martin joins me occasionally.

He's using pot again, too. The morning after his thirty-seventh birthday party, I smell the pungent odor coming from our basement. Martin grudgingly admits he had "one harmless toke." Our therapist tells him that this is far from harmless. Martin quits therapy.

1989 Our marriage has its highs and lows, but mostly lows. Martin is out at least one night a week with his drinking or pot-smoking buddies.

His temper is also escalating—and he's expressing it physically. He has a fit over a "junky" piece of furniture I've bought. When I refuse to return it, he hurls me to the floor and shakes me relentlessly. The noise wakes Emily from her nap, sobbing. I'm terrified, despite Martin's vows that it won't happen again.

I insist that Martin come with me to my new therapist, yet he won't listen to Dr. Raymond's criticism of his drinking or drug use. Like a smooth trial lawyer, he argues that doing it occasionally is no big deal. He attends one Alcoholics Anonymous meeting and never goes back. I go to a few meetings of Al-Anon—the support group for relatives and friends of substance abusers—then quit. (After a few months, I come to realize that this, too, is a form of denial.)

1990 My husband makes four times as much as I do, but he refuses to pay for anything other than our mortgage and taxes. I have to borrow money wherever I can to keep us clothed and fed.

After another of his unprovoked physical attacks, I hire an attorney. She tells me how to obtain a restraining order if I need one, adding that I can always call 911 or go to a shelter for battered women if he hurts me again. A shelter? Who, me? I still cannot come to terms with the deterioration of my marriage and my life.

1991 Six-year-old Emily senses that her home life is in chaos. She falls asleep after dinner, then wakes up crying in the middle of the night. A child psychologist cures her sleeping disorder, but warns that our constant turmoil could damage her permanently.

Winter 1992 I make baked fish with herb-butter sauce for dinner, cooking it in aluminum foil. Martin is livid: "Don't you know that cooking with foil causes cancer?" I start to throw the fish away, but he grabs it from me. Sauce spatters everywhere. Then he drags me by the wrists to my room, saying he's "restraining" me. From *what*? This, dear God, is hell on earth.

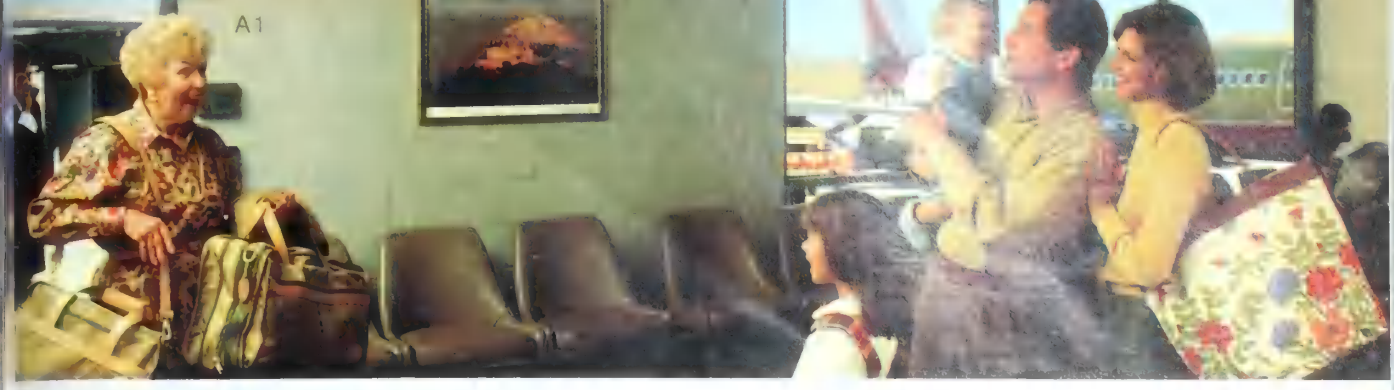
May 1992 Martin's tenth-anniversary card says, "The next ten years will be be ter." A visit to Dr. Raymond, I tell hi is the only gift I want. He goes, and pla the great debater again: He has a be with his pals occasionally—why do make everything into a crisis?

I sob myself to sleep that night and r solve to change my life. I can't through another decade like this.

Summer 1992 I'm seriously thin ing of divorcing Martin, but that ma not solve all our problems. If he ge visitation rights, suppose he driv Emily while drunk, or gets angry ar takes it out on her? And what futu will my child have as the daughter ar granddaughter of alcoholics? I will n give her this legacy. Something mu be done!

I join Al-Anon again, where I fir sympathetic friends. It is there that I fir hear about interventions. The process i volves gathering concerned family ar friends of a substance abuser (or anyo with a destructive habit) in one place confront him about the problem and he him agree to treatment.

Dr. Raymond refers me to Diane, professional interventionist. I borrow th $500 for her services against my life-i surance policy. Diane explains that mo interventions are done during the en stages of the addiction. Ninety-five pe cent of people who receive one do at lea



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Woman to woman

continued

go for help right away, she says. But only one of every two interventions is ultimately successful—in that the alcoholic gets treatment and maintains sobriety—and, she cautions, there is always the danger of relapse.

We make a list of people who might be willing to help me: relatives, co-workers. Most of Martin's good friends are beer buddies. My staunchest ally is Frank, a friend and colleague of Martin's, who was himself helped by an intervention and has participated in a dozen more.

No one else wants any part of this. Martin's brother—the only member of his family I feel I can trust—is furious, calling my plan a betrayal and blaming me for any problem Martin might have. Though Diane assures me that Frank and I can do it alone, I am disappointed that this won't be a classic "Betty Ford Clinic" intervention, with lots of supportive people.

July 1992 In a few weeks, Emily and I will go away on a weekend camping trip. Frank will meet with Martin, tell him how his drinking is affecting his work, friendships and marriage, and urge him to get treatment. When I return, Martin and I will see Diane and discuss a course of action.

August 1992, intervention weekend I have been a nervous wreck all week. Early Friday, I say, "I love you," as Martin leaves for his breakfast with Frank. He doesn't suspect what this meeting is really about. Emily and I leave for our campsite. On Sunday, we will stay with a friend until I feel sure that it is safe to go home. I am deathly afraid that Martin will be angry about the intervention and take it out on me.

Saturday, 8:00 A.M. I phone Diane, who reads Frank's report. "Terrific meeting; Martin open to not using drugs; open to attending AA meetings; not mad at Carol; was appreciative of Frank; willing to examine any aspect of his behavior that could be of consequence in the relationship." I cry for joy.

Sunday I call Martin from my friend's house. He may have been cooperative before, but now he is vicious. How dare I go to Frank? How dare I make wild accusations? He has a responsible job, brings home a good paycheck—what in the world is this about? Calmly, I say that we will discuss everything with Diane in the morning. Emily and I do not go home tonight.

Monday For more than three hours, my husband and I talk as Diane mediates. It is ugly at times. Finally, Diane shows Martin the notes from his meeting with Frank. He is caught in his own promise. Reluctantly, he agrees to quit smoking pot and drinking, go to AA meetings and be evaluated at a substance-abuse clinic. But I know that intervention isn't a magical cure; it's only the first step down a long, tough road.

December 1992 Martin has yet to attend an AA meeting or to call the clinic, and he continues to drink, sometimes asking my permission: "Is this all right?" (I tell him, "That's not for me to decide.") But he hasn't laid a finger on me since. An Al-Anon member tells me that Martin doesn't drink to spite or hurt me. He drinks because he wants to. That's what alcoholics do.

I've done all I can to help my husband; it's up to him now. I have to concentrate on healing myself and my daughter. I continue to see my therapist and support groups; Emily attends meetings for children of chemically dependent families.

Winter 1993 I have to face the truth at last: Martin isn't ready to quit drinking, and I'm not willing to wait until he is. My lawyer and I work out a divorce plan. Though a part of me will never stop loving my husband, this is my only option if I am to become whole, happy and at peace.

If I had it to do over again, I would still have gone through with the

ntervention. It was no less an act of ove than taking a cancer patient to a pecialist. And though it may not have aved our marriage, it made Martin aware that others know about his drinking. He'll have to work harder to deny he has a problem. I feel stronger just finding the courage to take that step. I pray now that Emily and I will heal, and that Martin will find the courage to help himself before it is too late. ■

A family problem

lthough hundreds of thousands of individuals are cur- ently in treatment for their drinking, statistics don't in- lude the many who have yet to seek help. (A recent eport by the Secretary of Health and Human Services stimates that 10 percent of adult Americans have a roblem with alcohol.)

And for virtually every alcohol abuser, there is a family ffected by his or her drinking. "When drinking takes recedence over other activities, that's when family con- cts begin," says Norman G. Hoffmann, Ph.D., a Min- esota clinical psychologist who evaluates substance busers following clinical treatment. The mood swings, ecline in health and impaired work performance that roblem drinkers typically suffer have an emotional im- act on everyone involved. A 1988 Health and Human ervices study showed that separated and divorced indi- duals were three times as likely as married ones to say ey were married to an alcoholic.

It may seem incredible that a wife, husband or child ould choose to ignore or minimize a loved one's drinking roblem. Yet the stigma of alcoholism is so great that any families will do anything to avoid that label. Says offmann, "The family members involved don't want to ac- ept the illness any more than the alcoholic does. They're raid that they will be labeled as different or strange."

Even when, as in our story, the home situation be- comes intolerable, many spouses find it difficult to leave a drinker. Wives in particular may fear losing economic or emotional support. William Grady Ryan, Ph.D., a clini- cal psychoanalyst and founding partner of the Family In- stitute, in Fort Lauderdale, Florida, suggests that spouses may feel some gratification in the "martyrdom" of staying with an alcoholic.

Alcoholics can make a successful recovery with prop- er treatment, but families must also seek help for them- selves through professional counseling and support groups. If all else fails, Ryan adds, spouses shouldn't hesitate to leave a problem drinker, "which is what my wife did to me." He notes that this was the incentive he needed to get help for his own drinking problem.

For more information, contact the American Council on Alcoholism, Inc., 5024 Campbell Boulevard, Suite H, Baltimore, MD 21236-6950; 800-527-5344; consult your state's department of substance abuse or your county health department; or contact Al-Anon Family Group Headquarters, Inc., P.O. Box 862, Midtown Station, New York, NY 10018-0862; 800-356-9996. Children of alco- holics can contact the National Association for Children of Alcoholics, 11426 Rockville Pike, Suite 100, Rockville, MD 20852; 301-468-0985.



Bending to scoop up a low ball, Wimbledon, 1982.



Bending to scoop up Alexander, Boca Raton, 1992.

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The Maine Windjammer Association offers a variety of cruises from Memorial Day to October. Three-day trips cost $295 to $429 per person (all meals included), and six-day tours range from $495 to $675 per person (all meals included). Call the Maine Windjammer Association, 800-Maine-80.

Float through Utah's canyons. The San Juan River flows through the red-rock canyons of Utah, where the Anasazi Indians once built cliff dwellings. Explore ancient petroglyphs, and watch for the bighorn sheep that roam the mountains. Take kids as young as five on this trip, a smooth float with some moderate white water.

This four-day trip, available May through August, costs $567 for adults, $512 for children seventeen and younger. OARS (Outdoor Adventure River Specialists) also offers a variety of other float and raft trips. Call OARS, Angels Camp, California, 209-736-4677.

Ranch and raft in Montana. Kids love this Western combo. Take in the Montana scenery on horseback as you ride the trails that lead from the Bear Creek Guest Ranch, which borders Glacier National Park. After three days of wrangling at this working ranch, cool off with a thirty-mile raft run down the middle fork of the Flathead River. You'll have lots of opportunities to angle for rainbow trout and then enjoy a camp-out under the stars.

The five-day trip, June 17 to 21, and June 24 to 28, costs $715 for adults, and $625 for ages six to twelve. Call American Wilderness Experience, 800-444-0099.

Swim with the dolphins in Nassau. Snorkel or swim amid a pod of wild yet friendly dolphins in their natural environment around Grand Bahama Island. When not communing with these gentle giants, enjoy the tropical scenery.

These seven-day Dolphin Adventures aboard the catamaran *Bottom Time II* depart from Fort Lauderdale, Florida, from May to September. Prices begin at $1,395. Call Bottom Time Adventures, 800-234-8464, from the East Coast, and 800-727-2822, from the West Coast.

Learn to sail on the Chesapeake. A learn-to-sail weekend with Womanship, a sailing school for women only, is a perfect Mother's Day gift. The supportive staff teaches you to ride the wind and navigate a tricky channel.

Womanship offers Mother's Day Weekend mother-daughter courses May 8 to 9, May 8 to 10, plus a course geared to daughters aged eleven to seventeen on May 9 to 10, in Annapolis, Maryland, and a three-day live-aboard course in Charlotte Harbor, Florida, May 8 to 10. Prices range from $248 to $464 per person. Womanship offers a variety of year-round sailing classes. Call 800-342-9295.

Canoe the rivers of Maine. Paddle by moose and beaver on Maine's St. John River, the longest free-flowing river in New England (available for canoeing only in May and June just after the ice melts). Cast your fishing line each day for a tasty campfire meal. The Chewonki Foundation, a nonprofit educational group, also teaches you about the river's ecology.



Cool off with a raft run on Montana's Flathead River

The St. John trip is available May 17 to 25, and costs $675. Children ten and older who are accompanied by an adult are welcome. The organization also offers several other canoe and sailing trips. Call the Chewonki Foundation, Wiscasset, Maine, 207-882-7323.

Roll with the Snake River rapids. There's a reason it's called Hell's Canyon. A raft trip here has you riding the roller-coaster rapids on the Snake River bordering Idaho and Oregon. Besides the challenge of negotiating the wide stretches of white water, enjoy watching for bighorn sheep, mountain goat, elk and deer. Children eight and over are welcome.

These three-day trips, run by Holiday River Expeditions, are available May through August. The cost is $545 for adults, $499 for people nineteen and under. Call American Wilderness Experience at 800-444-0099.

Kayak the coast of Maine. Explore Maine's glacier-carved coastline by kayaking along the Maine Island Trail. With Coastal Kayaking, you need no experience. The three-day adventure begins with lessons, then launches you into the protected waters for five to six hours of daily kayaking. On this wilderness water trail you're likely to see porpoises and harbor seals in spring, and in summer, maybe even the occasional whale.

Day trips cost $65 per person, and three-day island camping tours cost $359 per person. Call Coastal Kayaking Tours, Bar Harbor, Maine, 800-526-8615 (in Maine, 207-288-9605).

Celebrate the spirit of Utah. This calm canoe trip on Utah's Green River is billed as a spiritual voyage. Not only do your leaders teach you about riparian ecology, but the guides bring together myth, yoga, song and ritual for a healing water journey.

Canyonlands Field Institute, an educational, nonprofit organization, also offers backcountry van trips and seminars that explore the culture and geology of the Colorado Plateau. The six-day River's Path camping trip, June 18 to 23, costs $585 per person. Call Canyonlands Field Institute, Moab, Utah, 801-259-7750.

Ride the big ones in California. Raft California's Tuolumne River from mid-May to mid-June for the most thrills, but only after you've put in some time paddling elsewhere. River runners come here for eighteen miles of sheer excitement on this class IV+ white water.

OARS (Outdoor Adventure River Specialists) guides this raft trip on selected dates March through October, with the high-water adventurous trips occurring mid-May to *(continued)*

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mid-June. Two-day [illegible] per person, and three-[illegible] which start June 15, cost [illegible] OARS, Angels Camp, California, 209-736-4677, or 800-346-6277.

EXPLORING THE MOUNTAINS

Walk through Wyoming. On a Country Walkers' tour of Wyoming's Wind River Mountain Range, you traverse high mountain meadows, head to Alpine waterfalls, meander along crystal-clear streams and camp out four out of six nights. Naturalist guides lead hikes of four to nine miles per day, and at night, historians entrance you with Indian legends and mountain folklore around the campfire.

The seven-day/six-night trip is available June 26 to July 2, as well as dates in July and August. The cost is $1,350 for lodging, camping, guides and meals. Country Walkers offers trips in various locations, including Maine, Vermont, Arizona and the Pacific Northwest. Call 802-244-1387 in Waterbury, Vermont.

Bike the Berkshires. A bicycle trip through Massachusetts' Berkshires takes you on a historic ride through Stockbridge and Lenox. There's time to visit a Shaker village, browse for antiques and tour the Norman Rockwell Museum. After each day's moderately easy ride, a country inn provides sweet hospitality.

The five-day trip, available May 16-21 and June 20 to 25, costs $875 per person for lodging, breakfast and four dinners (bike rentals additional). Call VCC Four Seasons Cycling, Waterbury Center, Vermont, at 802-244-8751.

Try llama trekking in New Mexico. Aspens, trout streams and fields of blue lupine and red Indian paintbrush brighten the Pecos Wilderness near Santa Fe in spring. Guides Curt and Evelyn Farmer will bring you deep into this backcountry, without the hassle: Llamas carry your gear, so you can relax and enjoy this striking red-rock country. Kids, especially, gain self-confidence with these intelligent and friendly animals.

The five-day trips, suitable for ages eight and older, cost $645, and depart June 14 to 18 and June 28 to July 2. Call American Wilderness Experience at 800-444-0099.

Vacation on Vermont's springtime slopes. At Smugglers' Notch, Vermont, book a condominium starting Memorial Day and enjoy spectacular mountain views plus resort amenities at moderate prices. Splash into the season on the pool slide, and work on your game at the tennis clinics. At play camps, kids aged three to twelve hike the hills, explore trout ponds and perfect their swimming. Get-togethers give teens the chance to mingle. Little ones from six weeks to six years are looked after at Alice's Wonderland, a licensed day-care facility.

With the "Freebies Fly" package, from May 28 to June 18, families receive free child care for tots six weeks to six years plus free tennis time and free fly-casting clinics for adults, with a minimum two-night stay. A four-day/three-night mini-vacation for a family of four in a studio condo starts at $499. Call Smugglers' Notch at 800-451-8752.



Hiking is easy when you let llamas do the work

Explore the Canadian Rockies. Go for triple adventures in the heart of the Canadian Rockies with Overseas Adventure Travel (OAT). Access a scenic mountain meadow the easy way: Drop from a helicopter instead of laboring up the hill. Then hike into the high Alpine forests. Next, float down the Blaeberry River, keeping an eye out for deer and elk, and savor the view from horseback as you ride across the ridgetops. At night, relax with the comforts of a rustic lodge and home-cooked meals.

This seven-day trip, available June 27 to July 3, costs $950. Trip departures are also scheduled for July, August and September. OAT offers a variety of trips in the Americas, Africa, Asia and the Pacific, as well as in the Himalayas. Call OAT at 800-221-0814.

Walk through Arizona's bedrock. Sedona, Arizona, renowned in Indian legends, lures visitors with its bold-red buttes, bluffs and mesas. This Sierra Club trip offers four to six miles of mostly gentle walks along canyon floors and creek banks to ancient Indian cliff dwellings.

The trip, available April 18 to 24, costs $495. The Sierra Club, San Francisco, offers a variety of outdoor trips. Call 415-923-5522.

Hike through Washington's Olympic Park. Glacial lakes, rain forests and wild beaches are just some of the off-the-beaten-path sites of Knapsack Tours five-day hike through Washington's Olympic National Park. From a base camp in a park cabin, guide Cathy Harrison leads six- to eight-mile hikes daily over moderate terrain, with stops for snacks and lunch.

This trip, available May 28 through June 2, costs about $450 per person, and departs from Port Angeles across from Seattle. Call Knapsack Tours, Oakland, California, at 510-339-0160.

Cross North Carolina's Blue Ridge. In spring, North Carolina's Blue Ridge Mountains pop into color as wildflowers dot the hillsides. On this inn-to-inn tour, daily trails lead to cascading waterfalls, mountain streams and panoramic views, while evening brings a comfortable bed and a good meal at a country inn.

Vermont Hiking Holidays, Bristol, Vermont, offers both two-day and five-day trips. Weekend trips, available April 16 to 18 and April 23 to 25, cost $299 per person; five-day trips, April 18 to 23 and April 25 to 30, cost $799. Vermont Hiking Holidays also offers a variety of trips in Vermont, Canada, Maine and Arizona, as well as in international destinations; call 802-453-4816.

Bike New Mexico's mountains. Not for the faint of foot, this bike trip through the Sangre de Cristo Mountains takes you along rugged hills that rise from Santa Fe to Taos. A mix of painted desert, sage, piñon pine and angular red peaks, the landscape serves as its own reward. Each night's inn provides a comfortable rest after the day's exertion. You'll both pedal and paddle on the last day, which adds a seventeen-mile raft trip on the Rio Grande River. *(continued)*

American Wilderness Experience, Inc.


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Backroads offers this [illegible] frequently in May and June, becoming May 2 to 7. The five-day trip [illegible] per person. Call Backroads, Berkeley, California, at 800-[illegible].

Sightsee in New England. Walkers' two-day mini-trips serve up classic New England scenery with church steeples, covered bridges, rolling meadows and quaint towns. Walk through the Green Mountain



Uncovering the earth's ancient secrets in Cortez, Colorado

woodlands and across old farm roads lined with maples. There's even time for browsing in a few antiques stores along the way.

These two-day Vermont getaways, one weekend per month, May through October, cost $329 per person. Call Country Walkers, Waterbury, Vermont, at 802-244-1387, for exact dates.

EXPLORING THE LAND

Unearth ancient relics in Colorado. So you always wanted to go on a dig, but didn't know where to start? Begin your training with a course at Crow Canyon Archaeological Center, Cortez, Colorado. After lab work that teaches you how to interpret artifacts, and seminars that acquaint you with the ancient Anasazi Indian culture, you'll go into the field to dig for buried treasures and document environmental changes.

Crow Canyon offers a variety of educational and cultural exploratory programs. The week-long programs, which begin May 23 and continue through mid-October, cost $775, including room, board, lectures and materials. Call 303-565-8975. Ask about discount weeks.

Draw on the California coast. The Sierra Club's "California Coast: City Sights and Country Nights" combines art and nature, painting and hiking. Walk through the scenic Muir woods, and browse Sausalito's harbor until you find a perspective you want to sketch. The tour leader offers critiques and tips on landscape drawing.

To keep costs down, accommodations are hostel-style—dorm rooms with a bath down the hall. But spring makes the San Francisco landscape exciting. The trip, available April 4 to 9, costs $355. For outings information, call the Sierra Club, 415-923-5522.

Meet South Dakota's Badlands. In South Dakota, the Badlands is the place to learn about Sioux Indian history, prairie dog towns and grasslands. From your base camp, daily hikes take you through these magical areas in search of the fossils of ancient camels, three-toed horses and saber-toothed tigers, as well as scenic views of peaks and pinnacles.

The Sierra Club offers this trip May 23 to 28 at a cost of $395. Call 415-923-5522.

Discover Maryland's marshes. Take an ecological study tour of Maryland's wetlands and you'll find many wonders among the cattails and tall grass. "The Realm of the Marsh Dragons (dragonflies)," sponsored by the Wildfowl Trust of North America, acquaints you with three wetlands. Look at silversides and small crabs in a brackish salt marsh, watch for herons, egrets and wildflowers in a tidal freshwater marsh, and canoe past beaver lodges and waterways overhung with willow oak in a wooded swamp.

The day-long trip, which departs May 8 from the Horsehead Wetlands Center, Grasonville, Maryland, costs $65. Contact the Wildfowl Trust of North America at 410-827-6694.

Hike Arizona's Grand Canyon. This trip combines a bird's-eye view with up-close details. From Las Vegas, your plane crosses the canyon and lands near the trailhead of the Havasupai Indian Reservation. Horses carry your gear as you walk down to the Supai Lodge on the canyon floor, which will be your base camp for day hikes to ancient petroglyphs and cool waterfalls suitable for swimming. On the flight out, catch the light on the scenic south rim.

Avenir Adventures operates this tour May 1 to 6. The price is $1,318 per person for up to five people, and $1,198 per person for six to twelve people. Call American Wilderness Experience at 800-444-0099.

Bike family-style through California's wine country. The gently rolling country roads of Sonoma County offer safe and easy terrain for a family cycling trip. Pedal between ten and thirty miles per day, stopping to picnic alongside fields of wildflowers. Relax aching muscles at your campground pool; there's also plenty of room for romping kids. When cycling, children can sit at the back of a parent's bike, or go on their own if they can cover at least ten miles a day.

Backroads offers many different cycle trips, including several families-only departures. This three-day trip, available June 11 to 13, costs $188 per adult, with a 50 percent discount for children six and under, a 25 percent discount for children seven to twelve and a 10 percent discount for kids thirteen to sixteen (bike rental is $58). Call Backroads, Berkeley, California, at 800-245-3874.

Find Utah's rock art. This trip takes you through Utah's canyon country, home to Indians centuries ago. Walk in their footsteps as you learn to understand the signs and symbols of the petroglyphs and pictographs they left behind.

Canyonlands Field Institute, a nonprofit organization, offers outdoor education on the Colorado Plateau, which covers the Four Corners area of Utah, Colorado, Arizona and New Mexico. The Rock Art of the Moab Area, May 21 to 23, costs $210 per person without accommodations (one night of camping is included). Call 801-259-7750.

Experience the wildflowers in Utah's Arches National Park. In this place where wind and water have sculpted the rock into fantastical formations, discover wild orchids, roses, daisies, blooming cacti and scores of other flowers. Develop your eye for detail by sketching these buds, and soothe your soul by looking at this great sweep of haunting landscape.

Canyonlands Field Institute offers this trip May 7 to 9 at a cost of $125 per person without accommodations. Call 801-259-7750.

Study Virginia's Civil War battlefields. Listen to the wind on a Civil War battlefield, and you can almost hear the soldiers fighting. On this

(continued on page G.E.9)

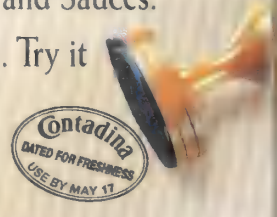

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(continued from page G.E.6) Smithsonian Associates tour, April 29 to May 2, historian Wilson Greene takes you to the Richmond National Battlefield, the Museum of the Confederacy, Hopewell and Petersburg. Greene details the fall of this area and the Confederate retreat to Appomattox.

This tour, which includes three nights' lodging in Richmond, costs $645 per person, double occupancy. Call the Smithsonian Associates, Washington, D.C., at 202-357-4700.

Look at the heavens in Tucson. Stargaze with the best of high-tech equipment as you ponder the universe's beginnings and learn about the latest research in astronomy. This Smithsonian study-tour combines lectures by noted scientists with visits to Whipple Observatory and Kitt Peak.

The tour, available May 16 to 21, costs $725 for the seminar only, or $1,135 per person with accommodations (double occupancy). Call the Smithsonian Associates, Washington, D.C., at 202-357-4700.

EXPLORING THROUGH SPORTS

Play tennis or golf on Florida's Emerald Coast. Spring on the Emerald Coast of Florida's Panhandle serves up good tennis and golf weather. Bluewater Bay, a residential resort community on two thousand acres along the Choctawhatchee Bay, Niceville, has won acclaim for its tennis and golf programs. In addition, have your family take advantage of the bayside locale and marina to try freshwater fishing for trout and mullet, or head for the Gulf of Mexico to land the big ones.

Starting Memorial Day, kids aged three through teens have a daily children's program. With the Family Vacation package, seven nights in a two-bedroom, two-bath condo, including a golf and tennis clinic, and reduced tennis and greens fees, costs $699. Call 800-874-2128.

Glide through the air in North Carolina. At Jockey's Ridge State Park the windswept dunes, some one hundred thirty feet high, serve as launch pads for hang gliders bent on flying firsthand. Just miles from where brothers Orville and Wilbur Wright took to the air, you can catch an updraft into the wild blue yonder under the tutelage of Kitty Hawk Kites.

A three-hour beginner lesson costs $59, and a three-lesson package costs $149. Call Kitty Hawk Kites, Nags Head, at 800-334-4777.

Try golf, tennis and windsurfing in Puerto Rico. Puerto Rico offers balmy breezes and lots of family fun when you book the Sports Academy package at either the Hyatt Dorado Beach Resort or the Hyatt Cerromar Beach Resort and Casino. A four-night package includes a two-hour sports clinic of your choice and two hours of supervised play for the kids. From April 15 to May 31 the cost is $669 per person, double occupancy, and drops to $569 per person after June 1.



Practice makes fun at Innisbrook

Both resorts offer Camp Hyatt, which features organized programs for children ages three to twelve, and Rock Hyatt, which offers beach parties and sports clinics for teens. Call 800-233-1234.

Follow your favorite baseball team. Sports Tours Ultimate Baseball Trip takes you on the road to follow your favorite baseball team. The company buses or flies you from ballpark to ballpark, buys the tickets and books the hotels—the same ones the players stay in. There are no official meetings with players, but you may get the chance to rub elbows with them in the coffee shop.

The Twin Cities tour, June 8 to 13, takes in Comiskey Park, Wrigley Field, County Stadium and the Metrodome. Prices range from $495 to $725. Call Sports Tours at 800-722-7701.

Learn to play tennis on Florida's Gulf Coast. The Colony Beach and Tennis Resort, Longboat Key, Florida, near Sarasota, makes it easy to learn tennis at any age. The complimentary kids' program for ages three to twelve includes court time. In addition, kids aged seven to eighteen can sign on for junior tennis clinics. Daily adult clinics let parents perfect their game as well.

From April 25 through August, one-bedroom condos start at $205 per night, for two people. (From April to mid-December, children under sixteen stay free; for ages sixteen and older, there is a $16 charge per person per night.) The one- and two-bedroom suites come with fully equipped kitchens. Ask about packages. Call 800-4-COLONY.

Try fly-fishing in Colorado. Cast for Gold Medal trout on Colorado's Gunnison River. On selected dates starting May 15, Dvoraks' Expeditions offers one-, two- and three-day fly- and spin-fishing trips. Guides give you pointers, help you perfect your skills and raft you to the best spots. As this is a class III river with some rapids, only kids aged ten and older may participate.

For adults and children, the cost is $205 per person, per day. Call Dvoraks' Expeditions, Nathrop, Colorado, at 800-824-3795.

Learn rock climbing in New Jersey. Be a cliff-hanger this spring when you take a rock-climbing course with Mountain Sports Adventure School, in Clinton, New Jersey. After learning safety techniques, how to inspect your equipment and the common commands, beginners try several climbs. The school also offers challenging classes for intermediate and advanced climbers who want to perfect their skills.

Daylong group classes for one to four people cost $90; $135 for a private lesson. Call Mountain Sports Adventure School, 908-735-6244.

Golf with the entire family in Florida. Named one of the USA's top golf resorts, Innisbrook, in Tarpon Springs, Florida, west of Tampa, offers a special program for ages four to twelve year-round. While you take to the greens, your kids practice their strokes as well at the daily Zoo Crew program. When not playing golf, the Zoo Crew kids lob tennis balls, play water games, compete in mini-Olympics and enjoy *(continued)*



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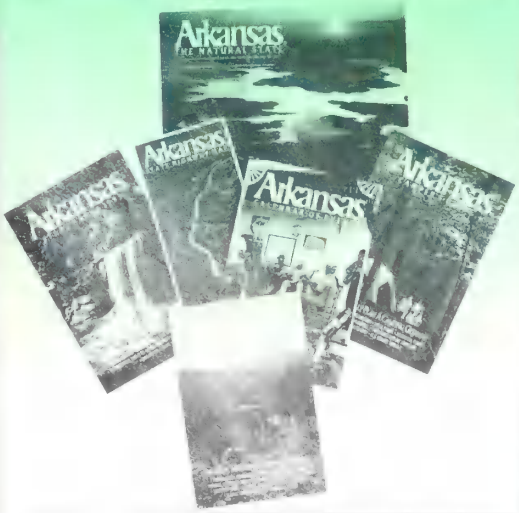
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(continued) arts and crafts.

A three-night Relax Under the Sn package beginning in May costs abo $270 per person, double occupancy, a includes daily golf clinics. Children s enteen and under stay free and m share the golf and tennis clinics wh their parents. Call 800-456-2000.

Sign on for tennis camp in Ne Hampshire. Against the backdrop New Hampshire's White Mountai New England Tennis Holidays off two- and five-day intensive instructi These tennis camps improve your ga through clinics, drills, video analy and tournaments.

Two-day packages, July to Septemb cost $310 per person, double occupan or $775 per person for a five-day pa age, including lunch, dinner, lodgi and the tennis school. Call New Engla Tennis Holidays, North Conway, N Hampshire, at 800-869-0949.

Bike the mountains of Ne Jersey. Getting up mountains on a b is more difficult than you think. Le how to take the hills with a guide fr Mountain Sports Adventure School, w teaches you such important points proper braking techniques and how to gotiate rocks and leaves, as well as em gency road repairs so you won't be l stranded with a flat tire or broken chai

Private guides are available for ha days at $40 per day, and $70 for a f day. Call Mountain Sports Adventu School, 908-735-6244.

For more adventures, see the 1993 edition of Adventure Travel North America, *by Pat Dickerman. Call 800-252-7899, to send $19, postpaid, to Adventure Guides, Inc., 7550 East McDonald Drive, Scottsdale, AZ 85250.*

EXPLORING THROUGH FESTIVALS

Imagination Celebration, Washington, D.C., April 1 through April 1 The best children's theater companies from across the nation delight kids— and adults—at the Kennedy Center in clever productions of classics and n works. Call 202-416-8830.

Birmingham Festival of the Arts, Birmingham, Alabama, April 5 to May 2. A little bit of the Alps comes Birmingham this year when Switzerla is saluted by the Birmingham Festiv Enjoy everything from Swiss bread a chocolate to books, dance, music, vo groups and crafts. Call 205-252-7652.

Renaissance Pleasure Faire, San Bernardino County, California, weeken and Memorial Day, April 17 to June Watch jousters, jugglers, court jesters a parade of fools and six stages of entertainment at this recreation of a sixteenth-century Elizabethan fair, complete w twelve hundred authentically *(continue*

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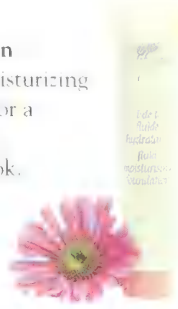
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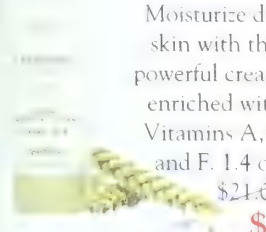
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Control freaks

This is it—what <u>really</u> separates the men from the women

BY TONY KORNHEISER

And now it's time for another installment in "The Differences Between Men and Women."

Today's topic: the TV remote control.

Women hardly click at all.

Men click incessantly.

Women consult the TV listings, decide what they want to see and commit to it. They click with civility on the hour or the half hour. Their clicker is a tool.

Men grab the clicker and commence zapping. Like gnats, they alight only for a few seconds, then skip away. Their clicker is a toy, a joystick. Men are very big on toys. Who do you think buys Miatas?



My friend Nancy tells me: "Women do this. They say, 'There's an interesting movie on tonight, dear. Let's watch it.' We sit. We watch. If it were me, I'd watch straight through, even the commercials. I don't mute; I commit. Of course, that's not possible when my husband's around. He starts on Channel 2 and goes all the way up to the top, through fifty or sixty channels, and then he goes around again. He calls it rolling through. 'Honey, I'm going to roll through.' We see five seconds of a tractor pull, five seconds of a gorilla family in the wild, five seconds of a sitcom, five seconds of British drama. There's absolutely no thread to hang on to. We're rolling through."

Me too. I click. I'm a clickaholic.

I see everything, but watch nothing.

I can't help myself. I'm afraid I'll miss something.

Before I had cable and a clicker, I stood near the TV and turned the dial. I went around once, then shut off the TV. Life is so much better now with a clicker—less strain on the legs. I sit and go around and around like a Ferris wheel. My wife hasn't sat in the TV room with me in eight months.

My friend Josh tells the story about a man who was clicking like crazy, going from HBO to Showtime to two movies on network TV until his girlfriend thought her eyes were going to explode, and she smacked him! "It wasn't the first time," Josh reported with great empathy.

What are men really looking for on these clicking tours?

Control.

Oh, give me a break, Tony, the truth. . . .

The truth? Okay, but it's off the record. I'll deny I ever said it.

It's naked women, isn't it?

Yes.

Men, you're all pigs.

Not all of us. Some are like my eccentric friend Mr. Henry, who says he is "always shopping for a better evangelist." But, yes, most of us are pigs.

Now, why do men click incessantly and women don't? I asked a psychiatrist, a clickaholic himself. He said women are able to be more attentive, to focus in-depth, while men are inclined to be many places at once. He offered some anthropological support—that men are nomadic by nature; they were the hunters and had to be ever responsive to change. It sounded good.

"Women are always complaining that men are unable to be intimate with them. The way men use the clicker—with no sustained intimacy, no real commitment—that's how they are with women," the psychiatrist said.

"Men are as inconsiderate of the TV as they are of women. They get distracted easily, and they are rude."

Men believe in More, Better and Different.

Women appreciate what they have.

"What's interesting," the psychiatrist said, "is what happens to a man when a woman grabs the clicker. He can't stand it. He goes crazy. It's like what happened to Archie Bunker when Edith sat in his chair."

Stifle the thought. ■

Tony Kornheiser is a sports writer and humor columnist for The Washington Post.



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What's more, the Toll House recipe calls for butter, so their cookies have more saturated fat than ours. Butter Flavor Crisco is pure vegetable shortening, and cup for cup, it has 50% less saturated fat than butter. All of which is why Crisco is a better way to bake.



Saturated Fat Comparison.
Crisco 12 g. total fat per tablespoon.

The Ultimate Chocolate Chip Cookie

3/4 cup Butter Flavor Crisco®
1-1/4 cups firmly packed light brown sugar
2 Tbsps. milk
1 Tbsp. vanilla
1 egg
1-3/4 cups all-purpose flour
1 tsp. salt
3/4 tsp. baking soda
1 cup semi-sweet chocolate chips
1 cup large pecan pieces (optional)

Heat oven to 375°F. **Combine** Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. Beat at medium speed of electric mixer until creamy. **Beat** egg into creamed mixture. **Combine** flour, salt and baking soda and mix into creamed mixture until just blended. **Stir** in chocolate chips and pecan pieces. **Drop** rounded tablespoonfuls (about 2 measuring tablespoons of dough) 3 inches apart on ungreased baking sheet. **Bake** at 375°F for 8 to 10 minutes for chewy cookies (cookies will appear moist—DO NOT OVERBAKE), or 11 to 13 minutes for crisp cookies. **Cool** on baking sheet 2 minutes. **Remove** to cooling rack.

3 Dozen 3-Inch Cookies



*Butter Flavor Crisco is artificially flavored.

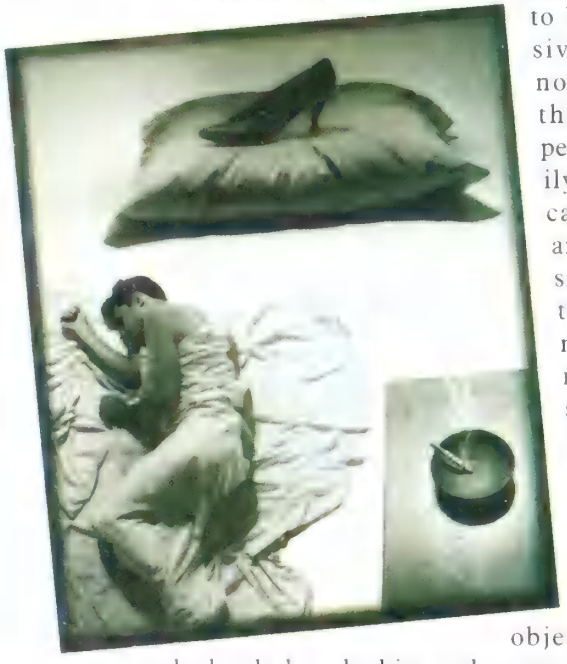
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Sexual obsessions

What kind of man gets turned on by kinky behavior? A surprising report every wife should read

BY SUSAN CRAIN BAKOS

When Madonna's book, *Sex*, jumped to the top of the best-seller lists late last year, mainstream America got a firsthand look at the kind of X-rated activities many had only heard whispered about before. With its explicit photographs depicting sadomasochism, sexual role-playing and exotic fantasies, *Sex* suddenly made glaringly public what had previously been taboo.



But for many women, some of these photos hit home: They depicted scenarios similar to those enacted in their own bedrooms—and the things they must do for their husbands' sexual gratification.

While no one knows precisely how many men have sexual desires that deviate from what's considered the norm, experts say that the need for such kinky behavior appears to be an almost exclusively male phenomenon. "We know that those who have perversions are primarily male, possibly because men are more aroused by sight and smell and almost certainly because they do not crave intimacy as much as women do," says Herb Goldberg, Ph.D., a Los Angeles psychologist and author of many books on male sexuality.

Fetishism, the dependence on an object or body part for arousal and ejaculation, is believed to be one of the most common yet least often discussed sexual compulsions. Since little research has been done, it's difficult to say how widespread the condition is. Yet it may be more prevalent than even the experts suspect. Last July, for instance, fetishes became front-page news when Chuck Jones, longtime manager and publicist to Marla Maples (Donald Trump's on-again, off-again girlfriend), was arrested because of a shoe fetish. When Maples' shoes began disappearing, she installed a hidden video camera in her closet and caught Jones on film, sniffing and licking her high heels. Police later found over thirty pairs of her shoes in his office—along with a copy of *Spike*, a foot-fetish porn magazine.

Although no one knows why, foot and shoe fetishes are among the most common. Other fetishes include lingerie, long hair, and garments made of latex, rubber or leather—sometimes worn by the man himself.

While most men have individual sexual preferences—like women with blond hair or pretty feet, or women wearing lingerie—they can enjoy sex without these things. A man with a fetish cannot. "If the foot, for example, is a true fetish and not just a preference, he can't get sexual enjoyment unless he focuses on his partner's foot. Hide her feet in a pair of socks and he shuts down," says Marty Klein, a marriage *(continued)*

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help or I get out of the marriage."

A woman whose partner is a fetishist is, at the least, embarrassed and confused about her partner's fetish. More likely, she is devastated and humiliated by his need. She may blame herself for not being attractive enough or sexy enough to compel him to abandon the fetish. As a result, the couple have sex rarely or never—and he may seek gratification elsewhere.

Sadly, paraphiliacs—people who perform unusual sexual practices—can't connect sex with anything *other* than gratification. For them, the natural link between love and sex has been blocked or distorted. "The sexually compulsive male needs distance from his partner to feel safe," says Herb Goldberg.

Over time, a man's obsessive sexual behavior may grow even more intense. "When I met George, I thought he was a little odd sexually, but in a charming way," says Kathy, a forty-two-year-old teacher in New Orleans. "He liked me to dress up in the bedroom, and he was very ritualistic about sex—every detail had to be just so. Now there's nothing charming about him. After ten years of marriage, we have sex only once a month—and only if I'm wearing a leather corset and stockings."

Why does a man become more compulsive about his fetish? In some cases there's a physical reason. As a man ages, he requires more sexual stimuli to become aroused. So the sexual obsessive, like most men as they get older, may simply need more of whatever he really liked in the first place.

But for others, the problem goes back to their inability to get close emotionally to their partners. "Fetishes and other sexual obsessions are a form of defensive behavior," says Goldberg. "In the beginning of a relationship a man might be able to suppress the defensive behaviors to some extent. But as his partner wants more intimacy, his conflicts increase and his behavior grows more extreme. The fetish expresses a man's fear and anxiety about women."

How a fetish develops

While researchers have discovered a link between being sexually abused as a child and paraphilia as an adult, they don't know why conditions or events lead some men down this path while others develop conventional sexual urges. "We don't know as much about what causes these behaviors as we should, because in-depth sex studies are expensive and funding is difficult to obtain in this country," says Berlin.

There are, however, two general theories about what leads to the development of male compulsions:



Premature and traumatic exposure to sex, ten in the form of child sex abuse. Some udies estimate that as many as one in ur boys is sexually abused, by men as ell as women; according to Berlin, ap-oximately 75 percent of the men who e treated at the National Institute for e Study, Prevention and Treatment of xual Trauma, in Baltimore, were vic-ns of child sex abuse. For reasons re-archers still don't fully understand, ien girls are abused, they are more like-to become inhibited sexually, while ys tend to act out later in life.

Christine, a twenty-nine-year-old rse in Philadelphia, believes her hus-nd was "sexually crippled" by the sex-l abuse inflicted by his mother when was a child. Her husband, a forty-ar-old X-ray technician, can have sex th her only when she's wearing her rse's uniform. "His mother was also a rse, and while he doesn't specifically call her touching him [sexually] while e was wearing her uniform, I assume it s sexual meaning for him."

An overzealous suppression of natural cu-sity about sex, for religious or other reasons. ttle boys who are taught that sex is ty and are punished for their interest it may become men with fetishes or sessions. Animal studies have shown at preventing juvenile sex play—some-ing babies of all species do—leads to abnormal sexual behavior.

If the antisex messages a boy heard while growing up have religious overtones, he may begin to associate sexual urges with his religious feelings—such as guilt or punishment. For the boy, sex then becomes intertwined with the need to be punished or feel guilty. He may be

"Outside the bedroom, David is the man every woman wants to marry," says one wife. "But he won't make love to me unless I wear my high heels to bed."

come addicted to a ritual act that he considers "bad."

In some cases, the paraphiliac may take his religious zealousness public, says John Money, Ph.D., professor emeritus of medical psychology and pediatrics at Hopkins University and author of books on sexology, who has studied paraphilias more thoroughly than any researcher. Using case studies given from repressive religious backgrounds, he connected perverse male sexual behavior with outwardly devout and self-righteous personalities. Because of their backgrounds, these men feel intense guilt over their hidden "sin." And, to atone for it, they publicly exhort morality and religious obedience. "When I see somebody who carries self-righteousness to excess, I automatically say if I scratch the surface on this one, I'll find the sin," Money says.

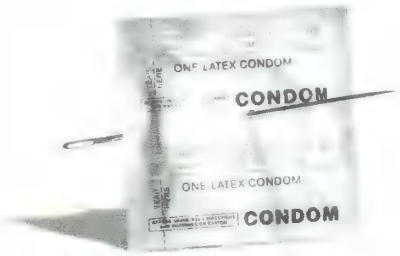
Adds Berlin, "We don't think about severe repression as a form of sexual abuse, but it can be."

What a wife can do

Andrea, a thirty-four-year-old Boston executive who recently divorced her husband because of his obsession with pornography, says, "When I couldn't have sex anymore wearing a costume while he had one eye on the X-rated tape, it was over. He couldn't do it any other way. Was I wrong to refuse to do it his way?"

No, the experts say, she wasn't. "My rule about sex is that no one should do something she or he really doesn't want to do," says Bernie *(continued)*





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Sexual obsessions

continued

Zilbergeld, Ph.D., a psychologist in Oakland and author of *The New Male Sexuality* (Bantam, 1992). "If you're offended by the behavior, you have to say, 'No. I can't do this. How can we work out our situation?' "

A paraphiliac needs professional help, but he probably won't seek it unless his partner insists. As long as she accommodates his fetish, he'll find living with the obsession less painful than trying to change.

"Many men aren't good at change," says Herb Goldberg. "Change means confronting feelings, and they'd rather not. Something has to happen to make continuing the behavior more painful than changing it."

A wife can push her husband in the direction of change, Berlin says, by telling him "I love you. I want to be with you, but I can't accommodate your fetish anymore. It's important for you to get help."

Treatment sometimes includes administering medication to relieve obsessive/compulsive symptoms, or other drug therapy that lowers the male sex drive, along with counseling. "Drug therapy can help the patient to gain control of the fetish behavior," Berlin says.

Regular therapy sessions can also help a man refocus his sexual needs. "The problem for the fetishist and his partner is that he has no other way to be aroused," says Zilbergeld. "Once a man is aroused by feet, he will always be aroused by feet. But he can expand his sexual repertoire—if he is motivated to change." (To find a therapist skilled in treating paraphilia, contact a university or medical school that operates a sexual-dysfunction clinic and ask for a referral.)

Over time, says Zilbergeld, a man can learn to become aroused in other ways through a combination of controlling his fantasies—gradually replacing images of the fetish with more acceptable ones—and practicing standard sex-therapy techniques with his partner, which include focused erotic touching, stroking and kissing. Eventually, he can become aroused and ejaculate without his fetish.

"My husband and I were married for ten years before we got help," says Lynda, forty, married to Dan, also forty, who has a foot fetish. Both are high school teachers in a small Southern town. "But therapy worked—we have a mutually satisfying sex life now. In the beginning of therapy, I continued to wear high heels for him, but I added sexy lingerie. Then we took off the heels. Eventually, we got to the point where he could make love to me without lingerie, heels or any props—and enjoy it."

Susan Crain Bakos is a free-lancer in New York City who writes frequently about sex and relationships.

To find out more

For more information on sexual dysfunctions, contact:

- The American Association of Sex Educators, Counselors and Therapists, 435 N. Michigan Avenue, Suite 1717, Chicago, IL 60611. The association provides referrals to sex therapists; send them a note stating your request and a self-addressed, stamped envelope.
- The National Institute for the Study, Prevention and Treatment of Sexual Trauma, 104 E. Biddle Street, Baltimore, MD 21202; 410-539-1661. The institute will send articles on sexual disorders upon request. There may be a charge for postage—call to find out.

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How to stop being your own worst enemy

Advice from a new best-seller on how to overcome the fear of rejection—and get what you really want

BY JUDITH SILLS, PH.D.

Do you avoid taking risks because you're afraid of failure? Do you spend all your time trying to please others? Like millions of other women, you may be suffering from a crippling fear of rejection. For victims, this fear is a sickening anxiety that goes on and on without any end in sight. The person who dreads rejection worries all the time. She's afraid of what others think of her, and she's extremely sensitive to criticism. She's overwhelmed with the feeling, "I'm not good enough."

Fear of rejection keeps the talented woman in an unchallenging job for a decade, or forces a harried working mom to take on more than her share because she can't say no. Fear of rejection makes you settle for less than you deserve, simply because the *possibility* that you might try for more and fail is intolerable.

Breaking free

To overcome the fear of rejection, you need to take charge of your life, to deliberately take risks. By breaking free of your fears, you'll learn you can succeed where you thought you would fail.

But before you actually take a risk, you need to get your worries under control. If you're concerned about a specific event, try the following:

■ *Write down your worry.* Focusing on your fear helps put it in perspective.

■ *Evaluate your worry.* How likely is it to occur? Is there anything you can do to minimize the risk? If the worst happens, can you handle it? Answering these questions will force you to examine the risk and to take steps to prevent a negative outcome.

■ *Visualize success.* Conquer the fear by creating a powerful mental image of yourself doing what you want to do.

But if your fear of rejection is stirred by chronic, generalized worrying, you need to break your negative pattern. To do that, try these techniques developed by psychologist Thomas Borkovec, Ph.D.:

■ *Pick a worry period.* Choose the same time every day to think about all your concerns. The idea is that by scheduling your worrying behavior, you can limit it.

■ *When you catch yourself worrying, postpone it until your worry period.* Write the topic down if you're afraid you'll forget it later.

■ *Shift your attention away from your worries by focusing on something that's going on around you.* Worry has to do with thinking about things that might happen in the future. Concentrate on what's happening now.



■ *When it's time for your worry period, worry intensely.* Confront all your fears. Once you've thought about the worst that can happen and decided you can handle it, you'll feel better.

Taking the plunge

Now that you've got your concerns under control, you're ready to go after what you want. Make a plan for achieving your goal, and stick to it.

Then make sure you have some moral support in place: your husband, a friend, a parent, a therapist.

Finally, realize that you will be rejected sometimes. But as you discover you can learn to handle it, you'll feel confident and more secure. ■

From EXCESS BAGGAGE: GETTING OUT OF YOUR OWN WAY, by Judith Sills, Ph.D. Copyright © 1993 by Judith Sills. Reprinted by arrangement with Viking Penguin, a division of Penguin Books USA, Inc.

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Family secrets

Keeping secrets can erode relationships and make strangers out of loved ones. Why do we hold back from those we're closest to, and how can we learn to open up?



BY ANDREA GROSS

We live, it seems, in an age of unparalleled self-revelation. Every day, on tell-all TV talk shows, people look into the camera and detail—to millions of viewers—the most intimate parts of their lives. Bookstores are filled with no-holds-barred biographies and autobiographies, and the private lives of political candidates and other public figures are held up for increasing scrutiny. What's more, pop psychologists and advice columnists routinely encourage us to be relentlessly forthright in our own lives to build the best relationships.

But despite all of this soul-baring and these exhortations to honesty, most of us still find it surprisingly tough to open up to those we are closest to—our families. "I could have told the whole world I am gay," says Mike Sauerman, thirty, of New York City, "but I was afraid to tell my own family. What they thought mattered to me."

Research indicates that, like Sauerman, most of us are reluctant to share our innermost secrets with our loved ones. In *The Day America Told the Truth* (Plume, 1992), a survey of Americans, authors James Patterson and Peter Kim found that the majority of us would not let our partners ask us questions if we were hooked up to a lie detector. Almost half of us admit to keeping secrets from our parents, and more than a third of us hide things from our children.

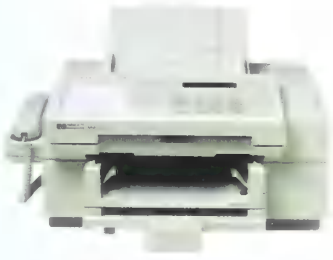
We keep secrets about everything and anything. "There's no limit to what a person can decide has to be kept secret," says Marty Klein, a marriage and family therapist in Palo Alto, California, and author of *Your Sexual Secrets: When to Keep Them, When and How to Tell* (Dutton, 1988). "Something that one family talks about freely could be a very important secret to another family."

The reasons for keeping secrets are as varied as the secrets themselves. But one emotion—shame—often plays a part. "Shame is at the core of most secret-keeping," says Marilyn J. Mason, Ph.D., a family therapist in Minneapolis and co-author of *Facing Shame: Families in Recovery* (Norton, 1986). "Most families have some kind of problem—abuse, physical disability, health concerns. But in our society we have perfectionistic standards. We say that if *(continued)*

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you are a good family, none of these things will happen. So when they do—and they *do* because that's life—we feel ashamed and we keep secrets."

Other factors can also lead to a cover-up. Some people are trying to protect relatives or are afraid of the consequences of a revelation: An unfaithful spouse keeps the behavior secret because "if it were known, they'd be expected to change, and they don't want to," explains Atlanta psychiatrist Frank Pittman, M.D., author of *Private Lies: Infidelity and the Betrayal of Intimacy* (Norton, 1990). (Other reasons for keeping infidelity secret include, of course, fear of a spouse's anger or the breakup of the marriage.)

But no matter what the secret or the circumstances, secrecy casts a toxic pall over family relationships. It chokes communication and isolates family members, keeps people from getting necessary help, and causes untold pain and misery for both the deceiver and the deceived. Says Mason: "The way people in families get into trouble isn't because of the truth. It's because of the secrets."

Destroying relationships

"Secrets are lethal," says Suzanne Ariel, forty-three, a Los Angeles legal secretary. "They poisoned my relationship with my parents."

From the time she was in kindergarten, Suzanne, an only child, suspected that she was adopted because she didn't look anything like her parents. She wanted to ask, but she sensed that certain things weren't to be discussed in her family.

The issue troubled Ariel throughout her childhood. It began to fade once she reached her teens, but her father's reaction to an unplanned pregnancy at age sixteen brought back her doubts. He became verbally abusive and hit her repeatedly. Within a few weeks, conditions were so unbearable that she moved to a home for unwed mothers until her baby was born. The intensity of her father's anger bewildered Ariel, and she wondered if it might somehow be related to her origins. There was still no discussion, and Ariel gave her daughter up for adoption, finished high school and fled her unhappy home.

It wasn't until fifteen years later, after her mother's death, that she discovered the secret that had shadowed her life. Though her relationship with her father was still chilly, she thought he would be pleased when she told him that she had found his granddaughter, the baby she'd given up. To her surprise, he went into a rage reminiscent of the one he'd had when she was pregnant.

Then, after seeing a therapist, he asked to talk to her. "I can't live with the burden of secrecy anymore: I am not your father," said the man who had raised her. "I am infertile."

Ariel felt shocked and then elated. "Finally I was getting confirmation of what I'd known all along," she says. She listened quietly as her father told the story of her conception. A doctor impregnated Ariel's mother by donor insemination and altered records to make it look as though the man Ariel now calls her "social father" was her biological father.

While she now understands her father's fury over her pregnancy—"My fertility reminded him of his shame," she says—Ariel is still angry. "The falsified records deprived me of knowing my biological heritage, and my parents' secrecy deprived me of an honest relationship with them."

Communication is a major problem in virtually all secret-keeping families, as it was between Ariel and her parents. Ter-

"I could have told the whole world I'm gay," says Mike Sauerman, thirty, of New York City, "but I was afraid to tell my own family. What they thought mattered to me."

ry Hargrave, Ph.D., a professor of psychology at Amarillo Junior College, in Amarillo, Texas, says that secrets erode communication the way weeds destroy a garden: "Let's say a person sections off half the garden and says, 'I'll never tend to this again. I'll act like it's not there.' Pretty soon, one weed leads to another weed and the whole garden starts to die."

Taking down the walls

A secret may finally be revealed through an unconscious though powerful need to bring the knowledge into the open. "Frequently, people who are carrying a secret *want* to be discovered," says Pittman. "They leave clues."

Mike Sauerman wrote a letter to a friend in which he discussed a romantic involvement with a young man. He left the letter out on his desk, where he knew his mother, Sue, would see it. "It was his unconscious cry for help," says Sue. She and her husband, Tom, had sensed for some time that something was bothering their son, who was then sixteen.

After reading the letter, Sue and To asked a counselor for advice on how tell their son that they knew—and a cepted—his secret. "Tell him he doesn have to hide any longer," advised th doctor. Says Tom, "That night, as w talked, it was as if all these walls that ha been erected around each individual fam ily member began to crumble."

Despite experiencing the relief th openness brings, Tom and Sue decide not to tell their own parents, Mike grandparents. "I guess it was like Mik not telling us," says Tom. "The ultima risk—even when you're forty-some yea old—is having your own parents sa 'This is bad.' " Yet, when Tom's paren discovered the secret, their response su prised him. During a visit, Tom's moth er, Marie Poulson, came across a piece mail from Parents and Friends of Le bians and Gays, a national support grou "So this is the thing that has been com ing between us," she said to Tom. "Wh didn't you tell me?" Mike told Sue's pa ents several years later; they, too, re sponded with love.

"We all had to remember," says Su "that Mike was still the same person h always was. We just didn't know that pe son very well."

"Secrets," says Klein, "prevent u from being known for who we reall are. The people closest to us become th most threatening, always on the verg of stumbling onto the secret. Feeling of isolation, alienation and loss of re spect are inevitable."

The myth of the perfect family

"In many families there's a rule of silenc and secrecy because family member want the outside world to think they'r perfect," explains Steven J. Wolin, M.D a clinical professor of psychiatry at th George Washington University Medica School, in Washington, D.C., and co-au thor of *The Resilient Self: How Survivo of Troubled Families Rise Above Adversit* (Villard, 1993). So much energy is fo cused on presenting a false picture o happiness that there is little left to dea with the problem at hand.

"The secret is such a big thing," say Fran Bedford,* fifty-one, a newspaper ed itor whose father and ex-husband wer alcoholics. "I just kept going on ever day, waking up and thinking mayb something bad will happen today and so, how can I cover it up."

Bedford's mother never talked to he or the other four children about their fa ther's drinking. "We were this perfect lit tle family," says Fran. "Mother was homemaker, and Father was the head o the household. We couldn't say anythin derogatory about him." This, says Wolin is typical of many families. "There is of ten a collusion on the part of (continued

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both spouses to keep a father in his position of authority. To do this, they deny there is a problem."

When Bedford was sixteen, she tried to get help. She pleaded with her mother to go with her to see an alcoholism counselor. Somehow her father found out, and the resulting argument was terrible. "I realized then," says Bedford, "that this was something you *never* talked about, and I didn't say another word about it."

Four years later Bedford got married. Her husband didn't drink regularly, but during his occasional benders he became violent. She, like her mother before her, hid her husband's alcoholism.

It wasn't until he put their seven-year-old daughter's life in danger—forcing her to sit on his lap and steer the car because he was too drunk to see—that Bedford admitted she needed help. She went to Al-Anon, a support group for families and friends of alcoholics. There, she says, "I could finally cry and let the secrets out. It was the best thing I ever did."

Now, Bedford, who divorced her husband ten years after that first Al-Anon meeting, regrets that it took her so long to break the silence. "One reason people don't bring these things to light," says Wolin, "is because they're so used to being this way that they think this is the only way their family can function." Or, as Bedford herself explains, "You keep the secret because you don't want to shake things up, and that keeps you from getting help."

"The first shock was the sexual infidelity," says a betrayed wife. "But it's the secrecy and the repeated lying that really dehumanize you."

Afraid to know

If it's hard to reveal secrets, in some cases it is equally hard to hear them. "You want to know, but then you don't want to know," says Paola McPhearson,* a thirty-eight-year-old psychology student from Syracuse, New York. "Once you have the information, you know you'll have to decide what you are going to do with it."

Even when her husband's secret p her in the hospital for a week, Mc Phearson refused to see the truth. H doctor told her that the agonizing al dominal pains she'd been having we caused by chlamydia, a sexually tran mitted disease. "How did you get a STD?" the doctor asked. "Have yo been with anyone besides your hu band? Is he seeing someone?"

McPhearson had been faithful, but sh had noticed that her husband, Michae forty-two, a patrolman, had been becon ing more appearance-conscious and ge ting home late. She confronted him an accused him of having an affair. He d nied it and refused to speculate on th cause of her chlamydia. McPhearson d cided to believe her husband rather tha the doctor, but a second bout wit chlamydia a year later forced her to fa the truth. She is now divorced, and is st ing her ex-husband because the ST may result in infertility. "The first shoc was the sexual infidelity," she says. "B it's the secrecy and the repeated lyin that really dehumanize you."

Learning to open up

Experts agree that, in most cases, the ol adage is true: Honesty *is* the best polic and it's better to reveal a secret on yo own than to wait or deny, as McPhearson



husband did. "If you reveal a secret voluntarily, you are establishing an alliance. If you wait until you're discovered, the other person feels betrayed and you have an adversarial relationship," says Pittman. Suzanne Ariel thinks her whole family would have been happier had she been told the story of her birth origins when she was a child. "If I had known at five or six, I'd have had the time and space to grow up with the knowledge, and we would have been able to integrate it," she says. She pauses, then adds sadly, "Nothing can make up for all those years of lies."

How do you know if it's wise to reveal a secret? "People should look at their motives for sharing information and consider the consequences," says Klein. Begin by asking yourself the following questions:

- Will telling this secret relieve the emotional stresses of secrecy?
- Will revealing the information increase someone's self-esteem, ease their guilt, or enhance family relationships and intimacy?
- Am I trying to get revenge, or to punish or humiliate someone?
- Am I opening up to relieve my own guilt, although I know the revelation will cause pain to the person who hears it?

If you answered yes to either of the first two questions, you have a valid reason for sharing a family secret. But if you answered yes to either of the last two, you may want to discuss the issues involved with a therapist before going further.

If you believe that you should reveal your secret but can't quite gather the courage to do so, experts suggest you "narrow" the secret by exposing it bit by bit.

When you disclose your secret, be sure to allow sufficient time for both discussion and emotional release. "Don't be a hit-and-run artist," says Klein. Begin by stating your intention—you are sharing your secret to improve communication or to clear up a misunderstanding, not to embarrass or distress family members.

Be sensitive to your listeners' reactions. If you sense that they are having trouble understanding, ask them to repeat what they think you are saying. "Remember," says Mason, "honesty without sensitivity is brutality."

Even children can be let in on family secrets. Like Suzanne Ariel, a child will sense a problem, even if she doesn't know exactly what it is. "Children don't necessarily know what they know, but they react. They withdraw or act out in school," says psychologist Howard Horwitz, Ph.D., coordinator of the Parents' Project, a network of support groups based in Mount Laurel, New Jersey. He suggests that parents provide an environment where children are comfortable expressing their feelings and discuss family secrets in terms appropriate to the child's age. In most cases, says Pittman, "the disclosure is not so much a revelation as a clarification."

Finally, remember that sharing secrets does not in itself resolve problems. It merely prepares the ground so that family members can be more understanding, discuss their concerns and, if necessary, get professional help.

Although the Sauerman family rallied to support Mike when they learned he was gay, it wasn't easy for any of them. They had to overcome their feelings of shock, denial and guilt. But knowing, says Sue, was infinitely better than living with the emotional distance caused by secrecy. "It was the secrecy—not Mike's homosexuality—that almost ripped our family apart," adds Tom.

"There is great dignity in truth," says Suzanne Ariel, "and everyone is entitled to that." ■

**Names have been changed.*

For a list of licensed therapists in your area, call or write: American Association for Marriage and Family Therapy, 1100 17th Street, NW, 10th Floor, Washington, D.C. 20036, 800-374-AMFT

For more information, contact: Parents and Friends of Lesbians and Gays, P.O. Box 27605, Washington, D.C. 20038-7605, 202-638-4200

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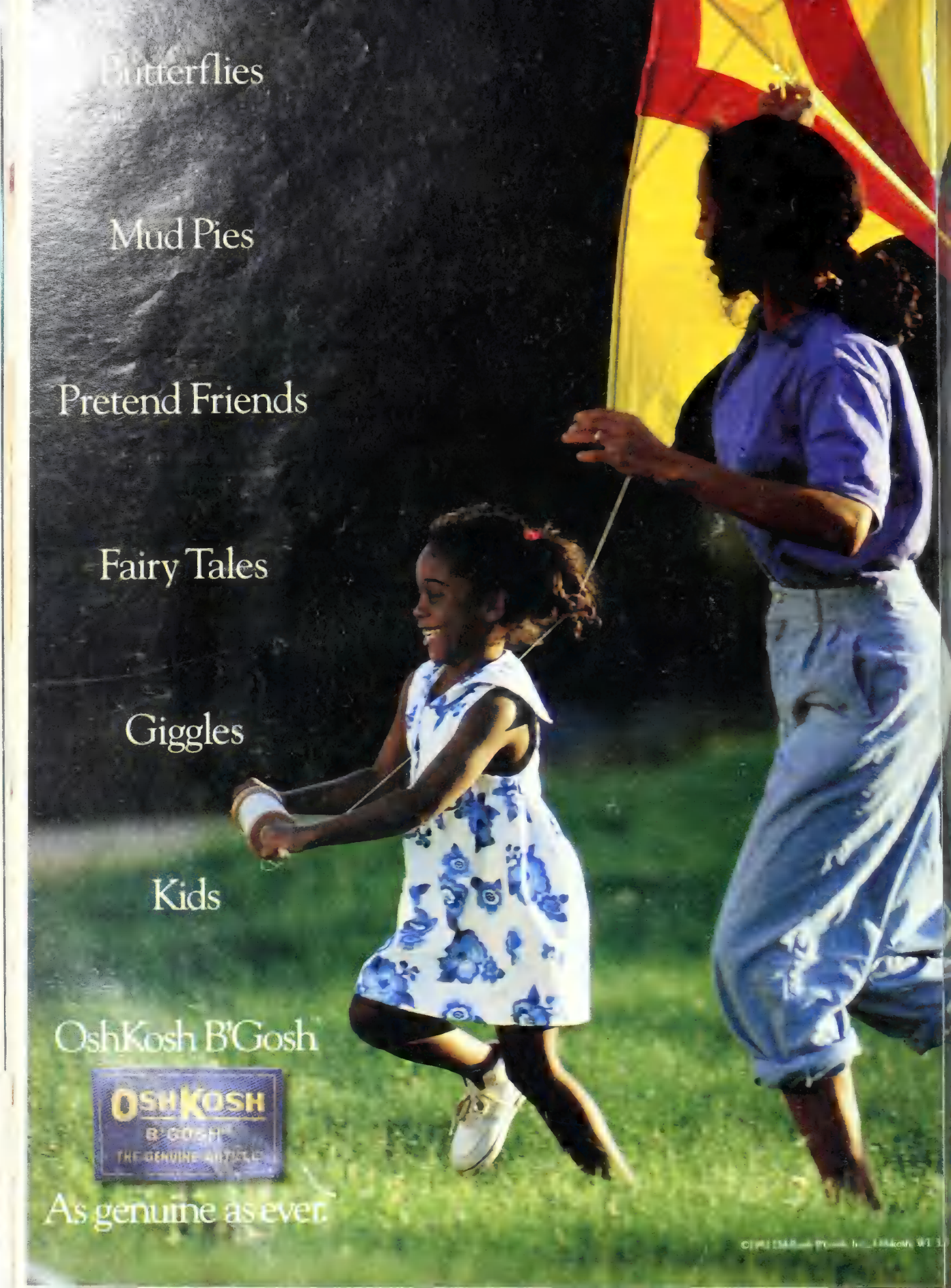
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HOW KIDS LEARN

By Margery D. Rosen

Every parent wonders (and many worry) about when her child will learn to read. "It's as if that achievement alone is the predictor of future success," says Priscilla Vail, M.S., a learning specialist who works with schools in Westchester County, New York, and across the country.

But the truth is, kids learn in many different ways and at different rates. And there's a very wide range of normal.

"From their earliest years, children are like radio stations, broadcasting their strengths and weaknesses," says Vail. "The task is to turn the right knobs so the signals get through loud and clear."

Whatever their learning style, all children profit from a firm foundation in prereading activities coupled with constant encouragement throughout their school years. This section will give you the help you need.

"Notes from the classroom" highlights three youngsters and the hurdles they encountered as they learned to read. You may recognize your own child in one of their stories. The section "Does my child have a problem?" will tune you in to the early signs of difficulties your child might be experiencing (and how to find a learning specialist to help). And a grab bag of other suggestions will ensure that your child not only learns to read but develops a true love of learning.

ONCE UPON A TIME...

Reading is an anywhere, anytime activity. Many parents worry about the kinds of books their children read. Experts suggest you lighten up a bit. It's not so much what kids are reading, but the simple fact that they are reading and enjoying it. What books do children love? Take a look. . . .



ALL TOGETHER NOW
Bobby Tighe (3 1/2) from Carmel, New York, loves books about dinosaurs and goes with his mom and sister, Katie (1 year), to story time at the local library. Mom, Maureen, says Katie loves any book with bright colors—as long as she can eat it.

Notes from the **classroom**

THE KIDS YOU'RE ABOUT TO MEET ARE ALL STUDENTS AT A SCHOOL IN WESTCHESTER COUNTY, NEW YORK. THOUGH THEIR NAMES HAVE BEEN CHANGED, THEIR STORIES ARE TRUE. TAKE A LOOK AT THE JOURNAL OF ONE DEDICATED READING TEACHER, PRISCILLA VAIL, AND DISCOVER HOW SHE TURNED AROUND THREE YOUNG LIVES WHEN SHE TURNED THEM ON TO THE TREASURES FOUND IN BOOKS

THE BUDDING WRITER



Audrey Ferrin, 8, of Newbury Park, California, perched in an easy chair at the public library. She loves the *Babysitter Club* books, which have inspired her to pen her own stories.

October 21 Seven-year-old Mark marched into the classroom today, threw his backpack on the floor and, voice rising and hazel eyes flashing, shouted in disgust, "This damn book doesn't read."

As a consultant in Mark's school, I spend part of the week in the first-grade classrooms, team-teaching with the teachers and getting to know the children, so I'm a familiar face rather than some strange lady who takes them off to the mop closet to learn to read.

A major part of my job as a learning specialist is to observe. I watch how children listen, speak, remember, imagine, reason and concentrate, as well as their overall physical coordination. Even small motor skills tell me a lot: How do they handle their crayons and markers? Can they button or snap their jackets?

October 22 Today Mark's mother asked to speak with me privately. She sensed something was wrong with her son, but she and her husband didn't know what. "Mark's just not reading," she said. "His teacher keeps telling me to give it time, but he's unhappy."

That morning, she said, Mark and his five-year-old brother, Kevin, were having breakfast when Kevin started reading the back of the Cheerios box. When he came to a word he didn't recognize, he asked his big brother to tell him what it was. Instead of answering, Mark became enraged and ran out of the room, screaming, "I hate you, Kevin, I hate you."

His mother continued. "I tried to tell him he shouldn't be so upset . . . they were only reading a cereal box. And he blurted out, 'That's just it, Mom. I can't *read* the cereal box.' "

October 23 I walked to the third-grade classroom to talk to Jenny and Justin, twins who are a study in opposites. Jenny is Little Miss Perfect—smart, bossy, competitive. Until now, Jenny had always been in the highest reading group.

The first hints of a problem surfaced this year, when the emphasis switched from learning to read to reading to learn. Jenny was having trouble with inferences; she could read the words of a story but was unable to grasp the concept. She couldn't imagine what a character was feeling or what he might do next.

Jenny's twin brother, Justin, is also having trouble, but of a different sort. A creative thinker with many interests, Justin loves to learn. Whether he's right or wrong doesn't matter; the fun of discovery does. Justin's handwriting is barely legible, and his workbook is a mess. Under his arm is a well-worn copy of E.B. White's *(continued)*

YOU CAN HELP . . .

Reading Is Fundamental (RIF) is a nationwide literacy program dedicated to helping children learn to read. If you can't volunteer time, perhaps you can give a donation—every bit helps put books in the hands of children. Send your donation to RIF, 600 Maryland Avenue SW, Suite 500, Smithsonian Institution, Washington, DC 20560. Or send a proof-of-purchase label from one of the participating advertisers (Jell-O, Mondo Fruit Squeezers, Reynolds Plastic Wrap and Teddy Grahams) to: RIF Donation, 100 Park Avenue, New York, NY 10017. For each proof of purchase received, the Journal will contribute $1, up to $5,000, to RIF.

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Stuart Little, which he pretends to read but has, in fact, memorized. He's so charming he could talk paper off the wall, but he never gets around to completing an assignment. He performs abysmally on tests. His papers are a mass of scrawls.

October 25 After talking to Mark's parents and teachers, I've pieced together his history. Mark's trouble began in kindergarten, when the school switched to the whole language approach to reading instruction, which emphasizes all parts of language learning—listening, speaking, reading and writing. Forsaking dull Dick-and-Jane readers, teachers read "big books" of stories and poems (literally, large-size books with words printed in large type) and point to the words as they read. The theory: If a child sees the word "mother" over and over again, in time he will know it.

Though whole language is exciting and wonderful for many, I've discovered that the exclusive use of this approach doesn't work for all kids. Children learn in different ways: Some are sight readers. If you show them a word *(continued)*

SHARED BEGINNINGS



Jocelyn Moreno, 8, and Donald Lacy III, 7, of Tiburon, California, share a love of books. She likes humor—like Judi Barrett's *Cloudy with a Chance of Meatballs*. He prefers action books.

DOES MY CHILD HAVE A **PROBLEM**?

ADVICE FROM A LEARNING SPECIALIST

While teachers cannot be expected to tailor a curriculum for each individual style, they should be presenting ideas in a variety of ways so that every child in the class can grasp them.

"All children have ups and downs in their learning," cautions Vail, "and, like Mark and Jenny, most outgrow these problems. The ones who don't—Justin, for instance—need help so they can function and flourish."

But sometimes a child has more than the usual amount of difficulty. He may have problems with visual perception (seeing or reversing letters and words); processing (organizing and understanding information through either the receptive or expressive language systems); sequencing (confusion about the order of words in a sentence or days of the week); or fine motor skills (handwriting). Some also have trouble concentrating or sitting still. A learning specialist can determine whether a child has a learning disability (LD)—and, if so, what kind.

Depending on budget constraints, schools may have a full- or part-time learning specialist. The special-education department in your school district should be able to refer you to a specialist. You can also consult the National Center for Learning Disabilities, in New York City, for a referral. (Contact them at 99 Park Avenue, New York, NY 10016; 212-687-7211.)

If you suspect a problem, the first step is to have your child's pediatrician give him a complete physical examination to rule out any medical problems such as poor vision or hearing loss. Next, find out what resources are available in your school district to assess your child's progress. By gathering information from as many sources as possible (anecdotes told by teachers and parents; observation of the child in the classroom; and performance on IQ, achievement and aptitude tests), a learning specialist can determine the nature of the problem.

Once a diagnosis of LD is made (some experts now prefer the term learning "difference" since it does not have the negative connotation that disability does), the school must develop an Individualized Education Plan (IEP). The Education for Handicapped Children Act of 1975 mandates that all youngsters with learning disabilities be given a "free, public, and appropriate education." If the school cannot provide a program itself, it must find, and finance, a private one. The school may suggest, for instance, that your child be placed in a special class, or spend several periods a week in the school resource room. Many parents are concerned that diagnosing kids with a learning disability unfairly labels them for life. Try to think of it this way instead: By pinpointing a problem and helping him with it, you're giving him the tools and emotional support he needs to feel good about himself and succeed.

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...ued ... class. But these young-...rs do not have a learning disabili-... [See "Does my child have a ...roblem?" on page 130.]

However, Justin does. This makes sense in light of what his parents told me—that, as a toddler, Justin had had one ear infection after another. There's a high correlation between frequent middle-ear infections and undetected hearing impairment and subsequent language problems.

December 10 Justin needs to organize his information better, and the computer is a terrific tool for doing this. Banking on his passion for history, I put him in charge of making a special traveling exhibit about Old Sturbridge Village, a re-created Colonial town in Massachusetts. He's working with me on putting together a flip chart with his own drawings and brochures he picked up on his travels. He's using the computer to write captions.

December 11 In Mark's class, I'm focusing first on pattern recognition. Daily dictation is critical. I write the letter of the day—say, the letter "a"—on the board. We practice saying it, writing it in the air, then on paper—all this helps to cement the image in the child's visual, auditory and motor memory. Next, I have them write a word and a phrase using the "a" sound (cat, sat, nap) and again draw a picture to reinforce what they've learned.

December 16 Jenny is excited by my idea of reading to the kindergarten class, and we've been meeting once a week. I started her off with one of my favorites, *A Birthday for Frances*, by Russell Hoban. As she read aloud, I periodically stopped her and asked questions: What is Frances feeling now? Jealous? Have you ever felt jealous? Can you think of any other stories in which someone felt jealous? This way, Jenny learns to read between the lines and anticipate what comes next.

February 3 I love using nonsense words to tap the children's imagination. I filled six small paper bags with words or parts of words: colors, numbers, body parts, vowels, initial consonants or blends, final consonants or blends. I gave each child a paper with the words "My New Animal" written at the top, and the sentence: My new animal has ___ ___ ___ ___ and is called a ___. They took cards from each bag and filled in the blanks. Mark's page looked like this: "My new animal has six yellow woolly ears and is called a stug." They all thought this was hilarious. If a child can read a nonsense word, he can decode anything.

March 16 Spring vacation is coming up, so I scheduled a meeting with Mark's parents. I want to show them how they can do simple word games with him at home so he doesn't lose ground over the holiday. (See "Homework," page 132.)

April 13 Mark raced into the classroom and excitedly rummaged in his backpack. "Mrs. Vail, Mrs. Vail," he shouted, "I've got the greatest book for you. It's about a cat and a rat." He pulled out a thin, pamphlet-sized book called *Mac and Tad* and began, haltingly, to read: "Mac and Tad are pals. Mac is a big bad rat." He broke into a toothy smile. It's not Shakespeare, but he's in on the secret.

May 1 It has taken him a while, but Justin can now use accurate keyboard fingering on the computer. He'll be able to compose and edit on it, so he won't forget his ideas if he gets bogged down with his handwriting.

May 15 Jenny's progress is steady. Today I spotted her in the hallway, surrounded by four kindergartners. "They're members of my book club," Jenny tells me happily.

June 2 Justin presented his exhibit this morning, and his classmates were riveted. They bombarded him with questions, which he proudly answered. Clearly, Justin had won his friends' admiration and respect—but, more important, he had discovered self-respect.

SWEET DREAMS



Alexis Tryba, 2½, and her sister Jory, 7, of Northbrook, Illinois, like to curl up together and read in bed. Their personal favorites: *The Little Mermaid* and *Beauty and the Beast*.

PARENT'S DIGEST

Parents have lots of questions, and LHJ's *Parent's Digest* can answer them. The Summer issue will be on your favorite newsstand or at your supermarket April 27. Look for it—and let us know what you think and whether you have any ideas for topics we should cover in future issues.



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Mommy, can you **read** to me?

DOES STORY TIME PUT *YOU* TO SLEEP? LEARN HOW TO TAP A BOOK'S ELUSIVE MAGIC

While most youngsters don't have a reading problem, many could still use a little boost. The best (and least expensive!) help a parent can provide is simple: Spend time reading aloud together.

"A parent's job is not so much to teach a child *how* to read, but to make him *want* to read," says Priscilla Vail. "Books have all the elements that TV does—action, dialogue, drama, suspense. It's up to you to make the page come alive," she adds.

HOME RUN



When he's not playing baseball, Adam Pallesen, 8, of West Palm Beach, Florida, is reading up on it. *The Boy Who Only Hit Homers* was a present from his parents.

No child is too old to hear the beauty and power of language. While it is best to establish a regular daily reading time, it can be hard for working parents to schedule one-to-one time with each child. Just do it as often as you can and don't feel guilty.

Reading together should be fun. "You can make it more pleasurable if you allow yourself to really get into a story," notes Ruth Graves, president of Reading Is Fundamental (RIF), a nationwide program aimed at combating illiteracy and motivating children to read. "Don't read too fast—a common mistake. Be dramatic, use different voices for each character, different sounds for each animal, and encourage your kids to do the same once they learn to read."

More read-aloud tips:

■ Plop an infant on your lap and start reading when he's still little. Simple, brightly colored board books stimulate babies' visual sense; the rhythm of your words and modulation of your voice encourages language development. Interactive books, such as the *Spot* series, by Eric Hill and *The Very Busy Spider*, by Eric Carle, add a tactile dimension to reading sessions.

■ If preschoolers fidget, don't insist they keep still. Give them paper and crayons or markers to draw while they listen.

■ Read or skim the book before you read. If you're familiar with the material, you'll be able to pace your reading as well as take a few minutes to ask your child *(continued)*

TAKING DAUGHTERS TO WORK

On April 28 a few more commuters will join the morning rush hour. Why? Because that's the day that the Ms. Foundation for Women is sponsoring the first Take Our Daughters to Work Day—which they hope will be an annual event.

They hope to inspire parents, relatives and friends to ask a girl nine to fifteen years old to join them for a day at work. (While the girls are in the workplace, boys at school will be introduced to a special curriculum designed to shatter many sex stereotypes.)

What sparked this innovative idea? Over the last few years, several important research studies have revealed that, in adolescence, a girl's self-esteem and self-confidence plummets; not so with boys.

"We want to focus national attention on girls to make them visible, valued and heard," notes Marie C. Wilson, president of the foundation.

So what can you do? Let supervisors know about Take Our Daughters to Work, and get the support of colleagues. Form committees to see how you can involve your guests in your workplace. They'll want to know what you do, how you do it, what got you started and who your role models and mentors were.

For more information, contact the Ms. Foundation for Women, 141 Fifth Avenue, Suite 6S, New York, NY 10010; 212-353-8580.

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HOW TO GROW A CUTTING GARDEN

NOTHING BRIGHTENS A HOME AND WELCOMES FRIENDS LIKE FRESH CUT FLOWERS. THESE TIPS WILL HELP YOU CHOOSE WHAT TO PLANT FOR THE MOST BEAUTIFUL, LONG-LASTING AND FRAGRANT ARRANGEMENTS

■ A sunny location is a must for good growing, says Nancy Plengey, flower and herb trials manager at Johnny's Selected Seeds, a catalog seed company.

■ For inexperienced gardeners, Plengey suggests growing annuals—which are often faster and easier to grow—that can be seeded directly into the ground.

■ If you are an experienced gardener, crowding plants (growing them very close together) can force them to grow longer stems, but Plengey doesn't recommend this for beginners.

■ If your garden is large, leave a winding path through the center so you'll be able to walk among the plants and cut what you want without trampling the rest.

■ To trick your plants into producing more blooms, remove old flowers before they start seeding. (Once you allow a plant to start producing seeds, it will divert most of its energy to seeding and will not produce many more blooms.)

BLOOMING BEAUTIES

Most of the following annuals are what Plengey refers to as "cut-and-come-again" varieties because the more flowers you cut, the more the plant blooms during the season.

Baby's breath Annual baby's breath is easy to grow, and its tiny white blossoms make it a popular filler plant.

Bachelor's button Also known as cornflowers, these old-fashioned flowers are typically available in white, pink, blue and maroon.

Calendula Quick to blossom, calendulas are daisy-shaped flowers that usually come in shades of orange and yellow.

Cleome Another old-fashioned favorite, cleome is a very large, tall plant that is nevertheless airy and delicate in appearance. Although not a cut-and-come-again variety, this plant will produce plenty of flowers.

Cosmos This rapid-growing plant is a prolific bloomer, which makes it a great choice if space is tight. The feathery foliage gives a delicate appearance to the pink, lavender and white flowers.

Sweet pea The Royal Mix variety, in particular, has longer stems for cutting.

Sweet scabiousa Pincushion flowers have a sturdy stem, a nice fragrance and an unusual flower in shades of pink, red-purple and maroon.

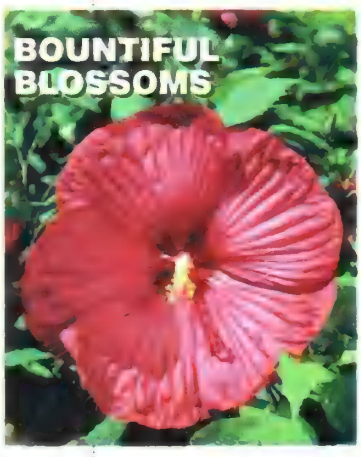
Zinnia These easy-to-grow flowers come in a wide range of colors, from bright to pastel.

—SHARLENE KING JOHNSON

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The wonderful scent of Old English Lavender will fill your home and garden all summer long. Cutting the violet-blue flowers simply stimulates more to bloom. A hardy perennial, English lavender plants bloom year after year and thrive in full sun or partial shade.



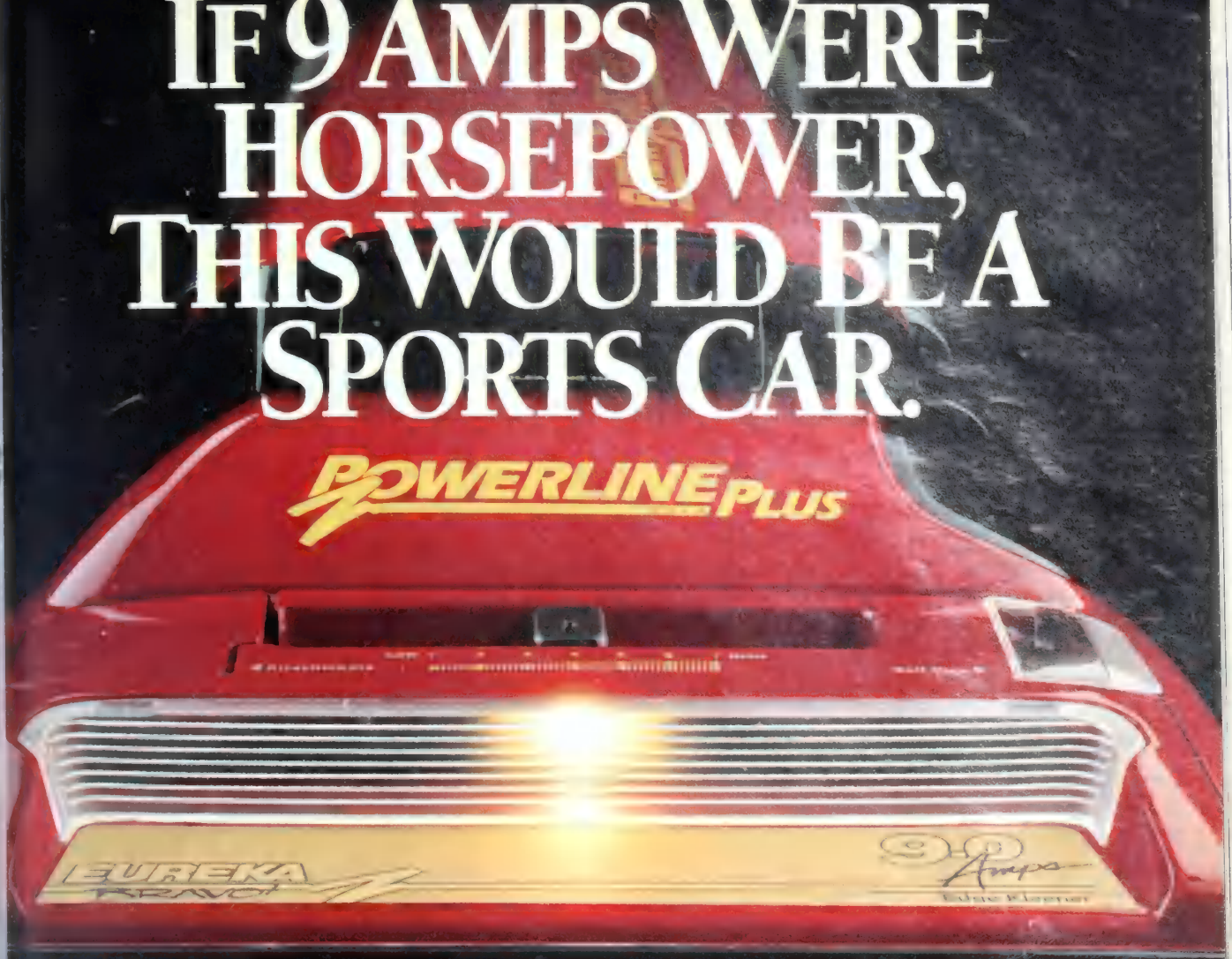
Our hybrid hibiscus plants produce masses of giant flowers, as large as ten inches in diameter. Growing to five feet in height, these easy-care perennials will bloom the first year. A parade of magnificent flowers in rose, crimson and white will appear all through summer and fall.



The gorgeous, trumpet-shaped flowers of the Moonflower Vine open at dusk and remain open throughout the night until noon the following day. With large, heart-shaped leaves, this fast-growing vine is perfect to train over a fence, trellis or pole.

To order, see page 203.

IF 9 AMPS WERE HORSEPOWER, THIS WOULD BE A SPORTS CAR.



POWERLINE PLUS GOLD

Rev it up! There's a full 9 amps of raw power under this hood! w Powerline Gold™ Plus–a whirlwind of suction that speeds you ough even the dirtiest carpets. Plus on-board attachments with 96" ch to clean anywhere above-the-floor. Powerline Plus even clears air. Featuring new Filteraire® Dust Filtration System–traps up to % of dust, pollen, and other irritants. High performance, plus durability of a hard case bag compartment. Powerline Plus. ver to shift your cleaning into high-gear. For the name of ir nearest representative, call 1-800-282-2886.



BRAVO™ BOSS™
Powerful 7.0 amp motor,
on-board tools, value-priced

POWERLINE® GOLD™
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POWERLINE GOLD™ PLUS
Powerful 9 amp motor,
Filteraire System,
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EUREKA
VACUUM CLEANERS
rmance you expect. Quality you demand."

AS SEEN ON TV

© THE EUREKA COMPANY, BLOOMINGTON, IL & CAMBRIDGE, ONTARIO

The age of the smart woman

We're starting businesses and getting elected at record rates. Men are beginning to admit that we just might be as intelligent as they are. Has our time come at last?

By Gail Collins

First Ladies have a way of typifying their era: Jackie Kennedy and the exciting early sixties. Nancy Reagan and the high-living eighties, Barbara Bush and that transition period when the country moved back to a less expensive lifestyle. Maybe it's their influence on us. More likely, they serve as a mirror, reflecting the things that were on our minds all along.

What, then, is Hillary Rodham Clinton going to show us about ourselves? She's always been a working mother—but we don't need a new First Lady to show us that more and more women are balancing jobs and children. Her marriage hasn't been perfect—but by now we've learned so much about presidential marriages of the past, there's practically nothing that could take us by surprise.

Here's the thing about Hillary. She's smart. Really, really smart. And she's married to a man who thinks that's fantastic.

The most startling thing about the Clintons' marriage is how proud the President is of his wife's brainpower. When a reporter asked him who would be his Robert Kennedy—his most-trusted policy adviser and confidant—Clinton answered without hesitation that it would be his wife. And when he appointed Hillary to head the task force on health-care reform—the first time a First Lady has ever been assigned an official role in making domestic policy—Clinton said, "She's better at organizing and leading people from a complex beginning to a certain end than anybody I've ever met in my life." *(continued)*

THE TEN SMARTEST WOMEN *RIGHT NOW!*

SOME OF THEM HAVE NEVER KNOWN FAILURE. OTHERS HAVE FLOPPED MISERABLY—AND LEARNED FROM THEIR MISTAKES. STILL OTHERS HAVE KEPT THEIR DREAM ALIVE DESPITE DAUNTING CIRCUMSTANCES. BUT ALL KNEW EXACTLY WHAT THEY WANTED—AND WERE SMART ENOUGH TO KNOW HOW TO GET IT



HILLARY RODHAM CLINTON
Unquestionably number one. Smart enough to graduate from Yale Law, marry the most ambitious man in her class—and play the dutiful political wife during his presidential campaign. And smart enough *afterward* to get an office in the West Wing of the White House, where the real power brokers work. But can she handle her newest challenge: solving the nation's massive health-care problems? Somehow, we think so.

New world order—for women

Hillary Clinton ushering in the Age of the Smart Woman? There are lots of signs it's already here. The number of women starting new businesses is growing much faster than the rate for male entrepreneurs. More women than men are graduating from college. We're used to seeing women working as doctors, TV news anchors, judges. Now we're becoming accustomed to women in the House of Representatives and the Senate. (One of the great unheralded sea changes in American political history occurred earlier this year, when the Senate leadership announced it was installing a ladies' room for women members.)

Nor is the change happening only in the upper-middle class. The most popular show on television, after all, is a sitcom about an overweight, unglamorous, working-class wife whose husband is madly in love with her strong, sassy self. There's never been a woman on TV as smart as Roseanne. And her TV husband is proud of her, relieved to be able to rely on her.

So perhaps that's the biggest change of all. Women are no longer afraid to show men how smart they are. And men are beginning to value brains in a woman more and more.

Two paychecks are better than one

If men are starting to place more value on smart women, it certainly has to do with something more profound than a change in First Ladies.

Anthropologist Helen Fisher, author of *Anatomy of Love* (Norton, 1992), says the explanation, not surprisingly, is pure economics. Our world, she says, is no longer a place in which men can support their families by themselves. We are beginning to look like the age-old hunter-gatherer societies in which husbands and wives share responsibility for feeding their children.

Today many young men now expect that their wives will bring in a paycheck throughout their married lives—with a few breaks for maternity leave. And some wives carry the main burden of supporting the family, the way Hillary Clinton did for most of her marriage. (Her six-figure income as a lawyer supplemented her husband's $35,000 governor's salary.)

Wives who stay home are also well aware of how much things have changed. There's so much uncertainty in the America of today that the hardest-working husband in the world can be laid off and find it tough to get a new job at the old salary. Or the family breadwinner could disappear entirely. (Niki Tsongas, whose husband, Paul, was a candidate in the Democratic presidential primaries, earned her law degree late in life, when she learned her husband was suffering from cancer.)

Clearly, the moral is this: When families are adrift on a raft of economic and social uncertainty, a man wants a wife who can swim and share the rowing, not just look good in a bathing suit.

As a result, after generations of being told they had to hide their intelligence to get a man, women feel a new freedom to be smart out loud.

Back to the future

None of this happened overnight, of course. The change we're seeing started with George Bush's generation—the men who fought in World War II. Caught between the old pre-war world and the new, they had traditional attitudes about a woman's place. But they looked at their daughters and saw the future. God help anyone who tried to tell them their kid couldn't be anything she wanted to be.

"I see that in my father," says Representative Susan Molinari (R-New York). Molinari is the only child of former Representative Guy Molinari, whose seat she now holds. "He comes from a very traditional background, but now he goes out of his way to work with women, to give them credit. To a large extent that might have started happening the day he had a baby girl instead of a baby boy."

Those daughters grew up, like Hillary Clinton, with a new idea about how a woman ought to behave. The sons of those same men didn't necessarily agree. But after a decade of bruising sexual battles, many of them caught on. Like Bill Clinton, they looked across the college library, saw women in flannel shirts and glasses who got better grades than they did, and felt the first twinge of desire. ■

Gail Collins is a columnist for New York Newsday.

THE SMARTEST WOMEN *RIGHT NOW!*



MARIAN WRIGHT EDELMAN Smart enough to fight for a cause she believes in (children's rights) and to found an organization that advocates it (the Children's Defense Fund).



JILL ELIKANN BARAD, president and chief operating officer, Mattel, Inc. Smart enough to know that little girls *still* want Barbie dolls (sales have nearly doubled since 1987).



SHERRY LANSING, chairman and CEO, Paramount Pictures. Smart enough to get a top job in Hollywood by being a lady in a town where there are very few gentlemen.



DIANE SAWYER Smart enough to ignore the critics who panned *Prime Time Live* when it premiered in 1989, and then to turn it into a prime-time hit.



DR. JOYCELYN ELDERS Surgeon general–designate. Smart enough to have a dream of being a doctor—and to make that dream come true.



BARBRA STREISAND Smart enough to prove she's *the* entertainer and deal-maker, by getting a $60-million contract from Sony—just in time for her fifty-first birthday.



GLORIA STEINEM Smart enough to learn that self-esteem is as important as any political goal and to write a best-seller *(Revolution From Within)* about it.



DONNA KARAN Smart enough to realize what it takes to be the American Chanel: knowing that every woman hates her hips and loves how she looks in black.



ROSEANNE ARNOLD Smart enough to prove that it doesn't matter if you're rich or thin—as long as millions of TV viewers think you're strong and funny.

I'VE GOT THE FAMILY I ALWAYS WANTED

LAST FALL, A TWELVE-YEAR-OLD BOY MADE NATIONAL HEADLINES WHEN HE DID SOMETHING NO CHILD HAD EVER DONE BEFORE: DIVORCE HIS PARENTS. NOW, ADOPTED BY A LOVING COUPLE, HE'S FINALLY HAPPY. AN EXCLUSIVE INTERVIEW WITH THE BOY WHO CHALLENGED THE LAW—AND THE NEW MOM WHO RESTORED HIS FAITH IN LOVE.

BY SARAH TIPPIT

It's as though Shawn Russ has lived here all his life. He plays—and occasionally squabbles—with his eight sisters and brothers. He enjoys a good game of Nintendo and his mom's chicken fajitas. But there is only one photograph of the twelve-year-old among all the family pictures that crowd the walls of the cozy den. And unlike his siblings' bedrooms, Shawn's is oddly free of the clutter most kids with his age accumulate. His treasures include a shelf of books, a baseball poster and a Keep Out sign on the door. He is still defining his new identity.

For Shawn, being a member of this family is a hard-won privilege. One year ago, the boy, then known as Gregory K., became the first child ever to initiate a custody suit when he asked for the right to "divorce" his natural parents and be legally adopted by the foster parents he had grown to love. In an emotional two-day trial last September, Shawn spoke of years of painful neglect and abandonment. As his mother, Rachel, wept openly, Shawn said he felt sorry for her. But, he added softly, "I don't love her like a mom."

The judge, agreeing with Shawn that he had been "abandoned," granted adoption rights to the Russes. Flushed and grinning, Shawn was surrounded by his new family.

Nine is enough

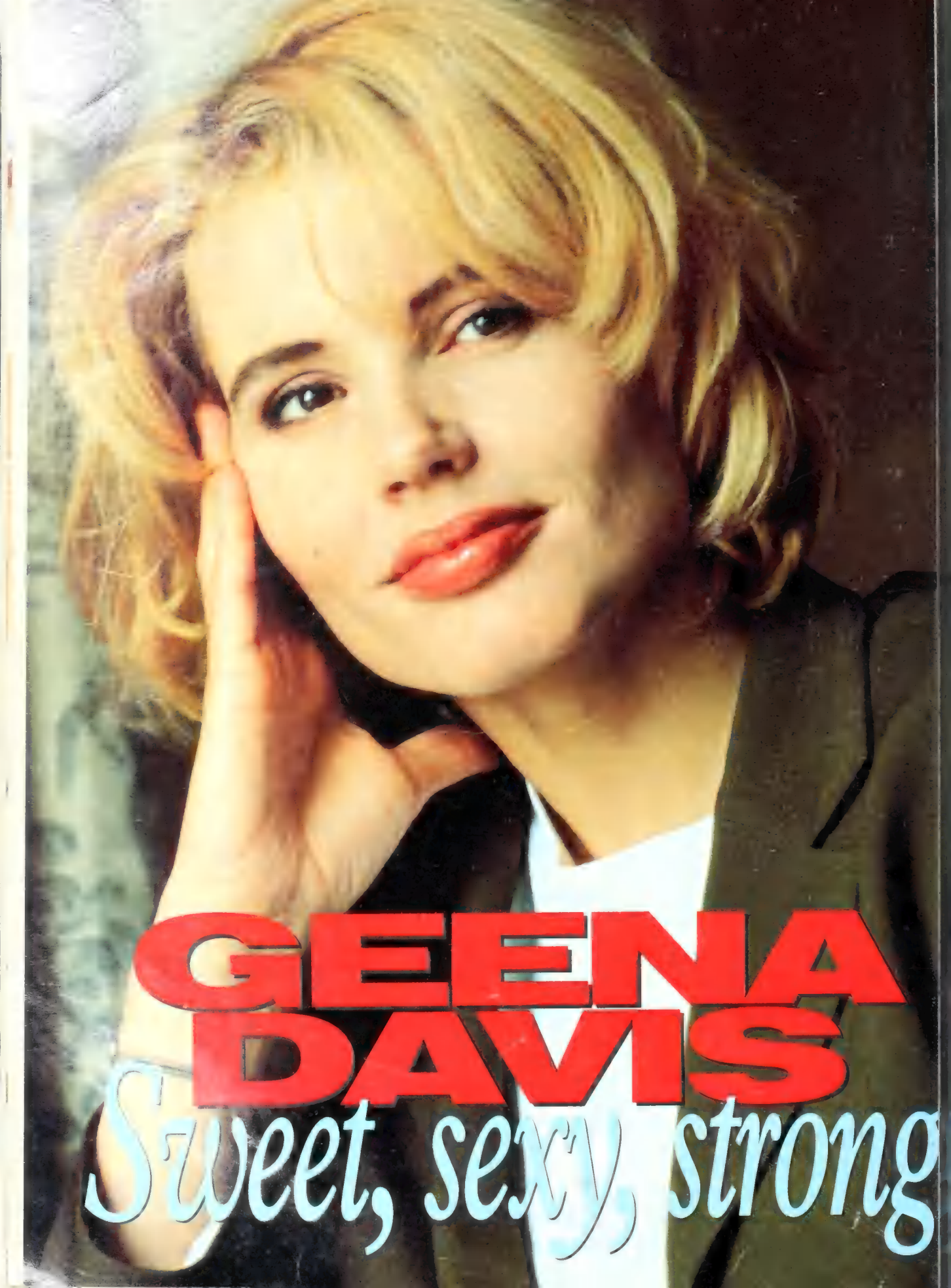
"I've been given a lot in my life," says forty-four-year-old Lizabeth Russ, a soft-spoken blond woman with clear, pale-blue eyes and a ready smile. "It's the least I could do to take a child." Lizabeth and her newest son show an easy affection toward each other, laughing and hugging, sharing private jokes.

The home that Lizabeth and her husband, George, forty-nine, have made for Shawn and their eight other children—who range in age from four to twenty-one—is a model of warmth and reliability. Their five-bedroom stucco house, in a modest middle-class neighborhood north of Orlando, Florida, is decorated in mauve and pale blue with sturdy furniture that shows signs of constant use. On the refrigerator hangs a family chart for the kids to keep track of their daily chores. But no matter how busy the Russes are during the week, each Sunday they gather in their

(continued on page 204)



AFTER YEARS OF NEGLECT BY HIS OWN MOTHER, SHAWN FINALLY HAS A LOVING HOME WITH HIS NEW MOM, LIZABETH RUSS, AND HIS ADOPTIVE FAMILY


GEENA
DAVIS
Sweet, sexy, strong

LUNCH WITH ONE OF HOLLYWOOD'S HOTTEST ACTRESSES . . . A GLITZY EVENT, RIGHT? WRONG—AT LEAST WHEN THE ACTRESS IS THE DOWN-TO-EARTH DAVIS. BY RUSSELL MILLER

It's a hard life. Today I'm in Los Angeles to meet with Geena Davis. She's only one of the hippest stars in Hollywood: funny, intelligent, sexy and absolutely gorgeous. We are going to have lunch in a place called The Source, on Sunset Boulevard, which must be very chic and discreet because I've never heard of it.

I can just imagine the scene: A stretch limo with tinted windows will pull up outside. Two incredibly long legs encased in silk will swing out, the doorman will offer his hand, and Davis will emerge, six feet of soft curves and creamy skin. Waiters will fawn and flap and bow and scrape as she strides through the restaurant, every eye upon her. She will march straight up to my table, hold out her hand and say, "I'm Geena. You must be Russell." I will try not to swoon.

The only problem is, I can't find The Source. I stop the car, check my notes, check the numbers once again. I can't understand it; it seems as if I'm in the right place. And then I see it. Across the street, a scatty little green and white building and above it, a flickering neon sign tentatively announcing, "The Source." Is this some bizarre joke? Am I to lunch with Hollywood's brightest star in a *greasy-spoon diner*?

Well, yes. These being the no-frills nineties, greasy spoons are in. Unfortunately, inside The Source, it's small, crowded and stifling. An unsmiling man I take to be the proprietor stands guarding the cash register, taking the money and handing out change with nary so much as a surly "Have a nice day." I tell him, doubtfully, that I am due to meet Geena Davis, expecting some reaction of surprise or pleasure, perhaps a couple of cartwheels or a backflip, at the news that such an illustrious *(continued on page 214)*











GEENA'S GREATEST HITS—AND MISSES: SHE WON AN OSCAR FOR *THE ACCIDENTAL TOURIST* (ABOVE, WITH WILLIAM HURT), AND CRITICAL PRAISE FOR *A LEAGUE OF THEIR OWN* AND *THELMA & LOUISE*. BUT *HERO* (TOP, WITH ANDY GARCIA) FADED FAST, AND THE LESS SAID ABOUT THE OSCAR DRESS (RIGHT), THE BETTER

the SUPER

They're young, gorgeous, and as rich and famous as movie stars. Meet Cindy, Claudia, Christy, Linda and Naomi, the supermodels of the nineties. What are their beauty secrets? We went behind the scenes. . . .



Cindy Crawford
Age: 27
Height: 5' 9 1/2"
Measurements: 34-24-35
Hometown: DeKalb, Illinois
Trademark: her mole
Claim to fame: Revlon model, MTV House of Style host, married to Richard Gere
Reputation: hardest-working girl in the business, considered number-one supermodel

Claudia Schiffer
Age: 22
Height: 5' 11"
Measurements: 35 1/2-24 1/2-35 1/2
Hometown: Dusseldorf, Germany
Trademark: Brigitte Bardot look-alike
Claim to fame: first famous Guess? model, Revlon model, was proposed to by Prince Albert of Monaco
Reputation: brainy beauty

WHAT IS A SUPERMODEL?

According to top fashion photograp
a well-shaped mouth. A supermodel looks great with or without makeup—even soaking wet right out of the p
these girls love being in the limelight. Their high salaries ($8,000 to $25,000 a day!), romantic liaisons, even their hairc

MODELS

beauty book



Christy Turlington

Age: 24
Height: 5' 10"
Measurements: 34-22-35
Hometown: San Francisco
Trademark: cat eyes
Claim to fame: the model for the mannequins at the New Costume Institute at the Metropolitan Museum of Art, in NYC
Reputation: best skin, nicest model in the business

Linda Evangelista

Age: 27
Height: 5' 9 1/2"
Measurements: 34-24-34 1/2
Hometown: St. Catherine, Ontario, Canada
Trademark: constantly changes her haircolor
Claim to fame: chameleon-like ability to reinvent her looks every few months
Reputation: is a favorite with designers

Naomi Campbell

Age: 22
Height: 5' 9 1/2"
Measurements: 34-22-34
Hometown: London
Trademark: always changes her look with wigs
Claim to fame: the biggest fashion trendsetter
Reputation: best body—and eats anything she wants, including fried chicken and ice cream

ancesco Scavullo, "A supermodel has a face that can be photographed head-on and a great body. She has big eyes and
upermodels are the celebrities of the nineties. They define the times." But unlike many celebrities who crave privacy,
anges, make news. Why are they so hot? It's simple. They sell—everything from magazines to makeup to Pepsi.

THE MODEL UNIFORM

...influence fashion trends on all levels, from couture to mass market. ...most of them, what they wear in real life is completely different from the ...model. Below, the two current looks.

CLASSIC

Big, black sunglasses

Oversize J. Crew or Gap denim shirt

Sony Sports Walkman

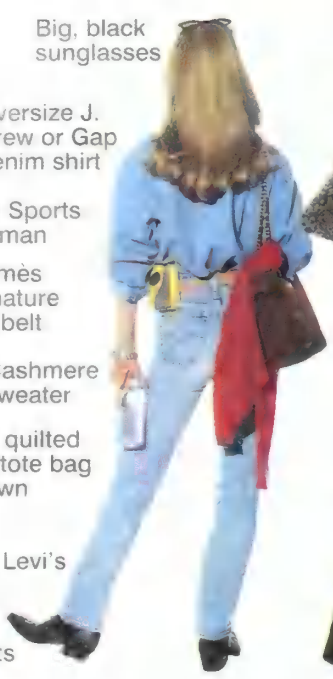
Hermès signature "H" belt

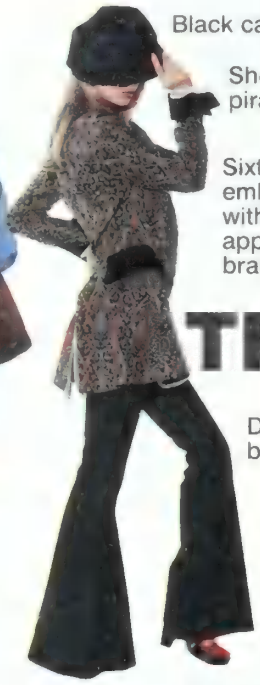
Cashmere sweater

Prada quilted nylon tote bag in brown

Broken-in, straight-leg Levi's 501 jeans

Cowboy boots





Black cap

Sheer white pirate blouse

Sixties-style jacket embellished with embroidery, appliqué or braiding

TRENDY

Denim bell-bottoms

High platform shoes







WHAT'S IN THEIR BAGS?

An emergency kit of extras that make long studio sessions and plane rides less stressful: chic black suede mules that easily slip on and off between clothing changes (they're great to wear shopping!); a clean change of panties and bras (in both black and skin-tone) that work under everything from sheers to knits; a stretchy, tight Azzedine Alaia bodydress—he's the hot Parisian designer of the moment—in a neutral color for day-to-dinner quick-change; instant mouth fresheners—Certs and Rembrandt Whitening Toothpaste (the models swear by it to counteract the yellowing effects of coffee and cigarettes); Chanel nail polish in French Pink and Natural Pink—one coat gives an instant groomed look, takes the yellow out of nails, too.







Details, see page 216.



KISS AND TELL

These lipsticks are the supermodels' rumored favorites

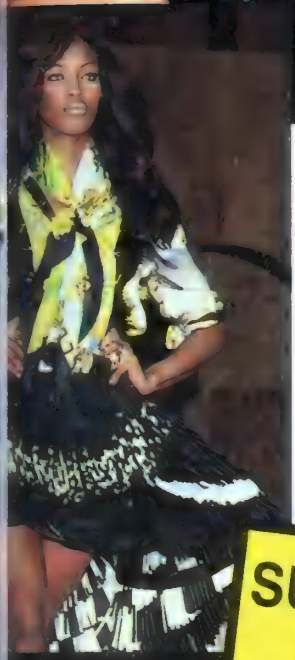
Bobbi Brown Essentials Lipstick in #3 Raisin ... Linda

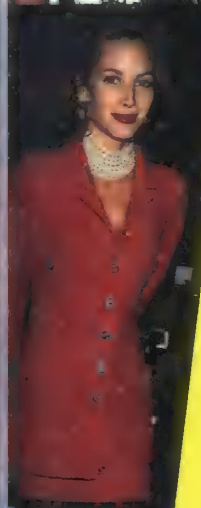
Revlon Super Lustrous Lipstick in Revlon Red ... Cindy

Maybelline Revitalizing Color Lipstick in Millionaire Red .... Christy

Revlon Outrageous Lipstick in Red Zone ... Claudia

Max Factor X-Rated Lip Gloss
Maybelline Expert Eyes Liner
.... Naomi (as lip liner!)





SUPERMODEL GROCERY LIST

Evian or Glacier water
Herbal tea
Greens
Pasta
Fruit



The makeup models



Though not in the supermodel category because they're sought after primarily for their beautiful faces, these models are worth mentioning because you can't turn on the TV or pass by a department-store cosmetics counter without seeing their images (clockwise from top left): Paulina Porizkova, the elegant beauty for Estée Lauder; Daniela Pestova, one of the current faces for L'Oréal; Niki Taylor, the energetic Cover Girl model; and Vendela, the sexy image for Elizabeth Arden.

MODELS' SECRET BEAUTY TRICKS

They may look as if they wake up gorgeous, but it takes the pros hours to make these girls camera-ready. What beauty products do they rely on when they don't look up to par? Visine to soothe tired, red eyes; a skin-matching concealer to hide blemishes, and black Persol sunglasses for the ultimate camouflage. Since daily doses of styling products take their toll on hair, the models count on: Kiehl's Creme d'Elegance Repairateur to restore moisture and shine; Phytothérathrie Phytodéfrisant Hair Straightening Balm to blow-dry hair perfectly straight; and a Mason Pearson natural-bristle hairbrush (it doesn't break hair). On bad-hair days, the models pull their tresses back into a ponytail and hide it under a baseball cap. Since dry lips can ruin even the best makeup, the models are never without a lip fix—their fave is Kiehl's Lip Balm #1.



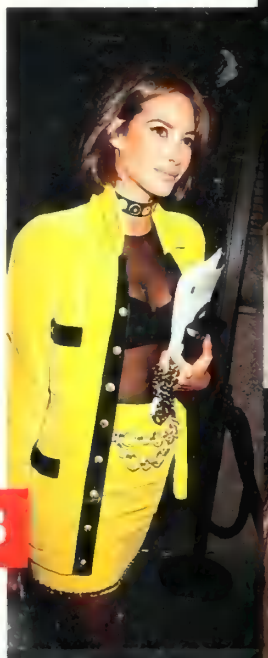


















What every model knows

When you spend as much time with the experts as these girls do, you learn a thing or two about making beauty last and last. They know that . . .

- Wearing a sunblock *and* avoiding the sun will extend their careers, and that self-tanners are the *only* safe tan.
- The best haircut is one length, falling just below the shoulders, with just a touch of layering for movement. Short, trendy styles are tempting, but they can limit looks and versatility.
- A mist of mineral water helps prevent foundation from looking too heavy or powdery. Spray face, then press a tissue firmly across face to absorb excess. Models always tote an Evian spray on planes for a fast refresher before landing.
- It's sexy to intensify a beauty mark with liquid liner pen (Cindy does). Or create one near eyes or mouth.

Who would be the perfect supermodel?







Someone with **Claudia's hair**—*thick, blond, gloriously shiny*





. . . **Linda's eyes**—*bright green, exotic and unforgettable* . . . **Cindy's mouth and mole**—*she has beautiful teeth,*



full lips and that famous mole that millions of women have copied . . . **Christy's nose**—



delicate and perfectly proportioned . . . **Claudia's bosom and waist**—*her breasts are voluptuous, her waist tiny and her hips narrow; who could ask for anything more?* . . .





Naomi's legs—*they're toned from thigh to ankle and seem to go on for miles!*



Fresh FACE

SAY GOOD-BYE TO HARD-EDGED GLAMOUR: THE BEAUTY TREND FOR SPRING IS SIMPLER, WITH A TOUCH OF WAIFISH INNOCENCE. THINK BIG, ROUND EYES AND ROSY CHEEKS—IT'S ALL ABOUT PURE CHARM.

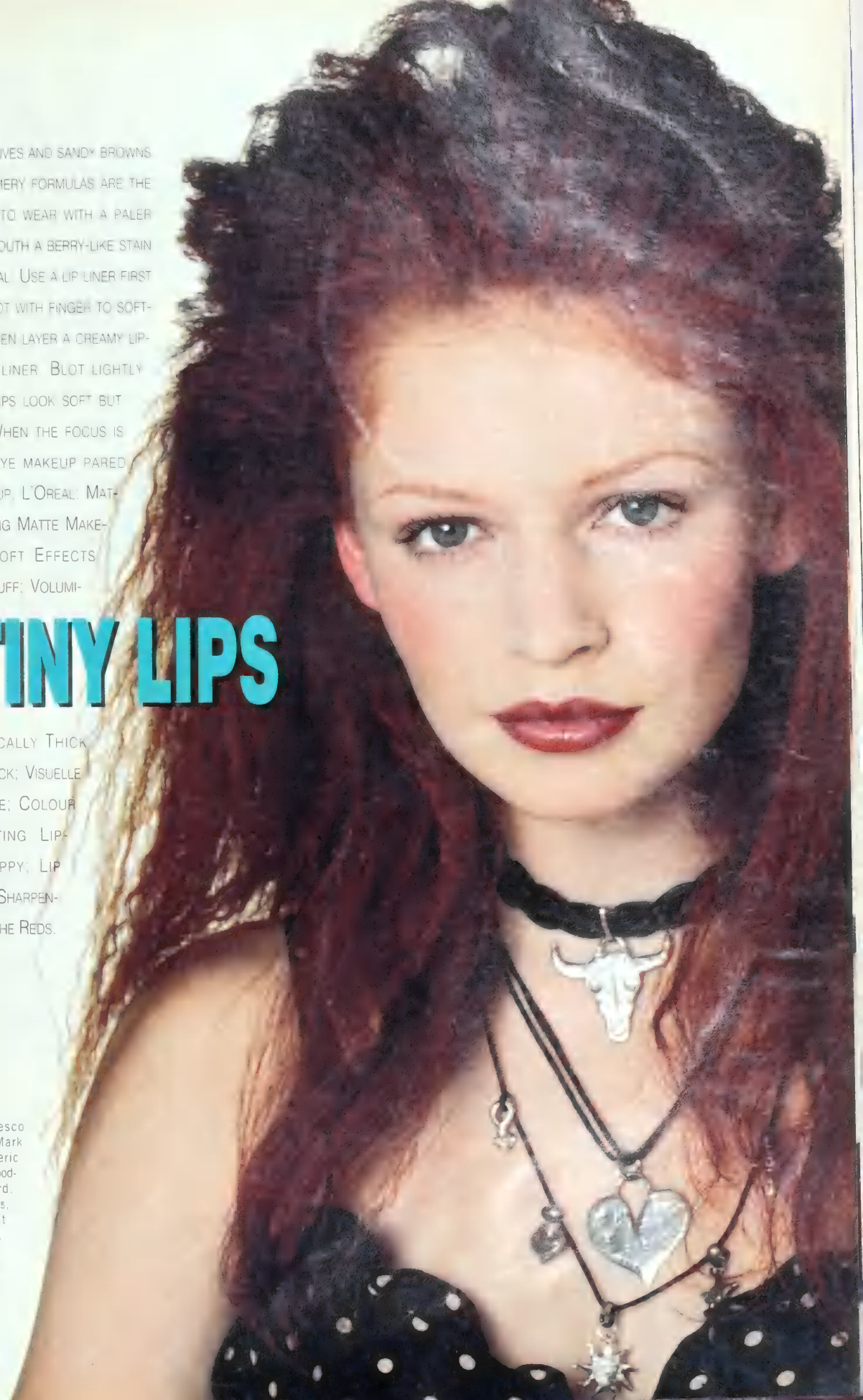
BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR

PALE BROWS

THE BIGGEST MAKEUP SWITCH THIS SEASON IS TO PALER, THINNER, PERFECTLY GROOMED BROWS. ACCORDING TO MAKEUP PRO MATHU ANDERSEN, WHO CREATED THE FACES ON THESE FOUR PAGES, "THE BROW SHOULDN'T DOMINATE THE FACE—THE EYE ITSELF IS ALL-IMPORTANT NOW." TO LIGHTEN DARK BROWS USE A FACIAL BLEACH, THEN DEFINE THE SHAPE WITH A BROW PENCIL. ALL MAKEUP, L'ORÉAL: BROW ELEGANCE ENHANCING BROW LINER IN TAUPE; HYDRA PERFECTE PROTECTIVE HYDRATING MAKEUP IN SAND BEIGE; HYDRA PERFECTE PERFECTING LOOSE POWDER IN TRANSLUCENT; SOFT EFFECTS EYECOLOUR IN BLUSH AND OPAL; LASH OUT EXTENDING MASCARA IN BLACK BROWN; COLOUR RICHE HYDRATING LIPCOLOUR IN DESERT FLIGHT AND BRAZIL NUT; LIP PRECISION SELF-SHARPENING LIP LINER IN THE NUDES.

SATINY LIPS

EARTHY REDS, MAUVES AND SANDY BROWNS IN DEWY OR SHIMMERY FORMULAS ARE THE NEW LIP COLORS TO WEAR WITH A PALER FACE. GIVE THE MOUTH A BERRY-LIKE STAIN FOR ALL-DAY APPEAL. USE A LIP LINER FIRST ALL OVER LIPS, BLOT WITH FINGER TO SOFTEN THE COLOR, THEN LAYER A CREAMY LIPSTICK OVER THE LINER. BLOT LIGHTLY WITH TISSUE SO LIPS LOOK SOFT BUT RICHLY TINTED. WHEN THE FOCUS IS ON LIPS, KEEP EYE MAKEUP PARED DOWN. ALL MAKEUP, L'OREAL: MATTIQUE ILLUMINATING MATTE MAKEUP IN PALE; SOFT EFFECTS EYECOLOUR IN BUFF; VOLUMINOUS DRAMATICALLY THICK MASCARA IN BLACK; VISUELLE BLUSH IN TULIPE; COLOUR RICHE HYDRATING LIPCOLOUR IN POPPY; LIP PRECISION SELF-SHARPENING LIP LINER IN THE REDS.



Photos, Francesco Scavullo. Hair, Mark Garrison for Frederic Fekkai at Bergdorf Goodman. Left: Unitard, Complice; necklaces, Dabby Reid Ltd. at Fragments; model, Anuschka of Next. Right: dress, Alberta Ferretti; necklaces, Mary E. Hetz at Fragments; model, JoAnne Brantoot of Men/Women



POLISHED CHEEKS

THE KEY TO TODAY'S GAMINE LOOK IS GLOWING CHEEKS. STRONG SHADES OF BLUSH CAN LOOK SURPRISINGLY NATURAL WHEN APPLIED SPARINGLY AND BUFFED TO BLEND SEAMLESSLY WITH THE REST OF SKIN. THESE DEEPER SHADES MAKE SKIN LOOK LIKE IT'S BLUSHING FROM WITHIN. KEEP THE HUE MOST INTENSE ON THE APPLES OF CHEEKS AND BLEND OUT. A BIT OF GLEAMY HIGHLIGHTER AT THE VERY TOP OF CHEEKBONES WILL ACCENTUATE BONE STRUCTURE—YOU CAN USE A SHIMMERY EYESHADOW IN PINK OR BEIGE. ALL MAKEUP, L'ORÉAL: MATTIQUE ILLUMINATING MATTE MAKEUP IN HONEY BEIGE; SOFT EFFECTS EYECOLOUR IN OPAL; VISUELLE BLUSH IN CARIBBEAN CORAL; COLOUR RICHE HYDRATING LIPCOLOUR IN MAUVED WITH A GLAZE OF COLOUR RICHE HYDRATING LIPCOLOUR IN SEALILY; SPLASH OUT WATERPROOF LASH EXTENDING MASCARA IN BLACK BROWN.

Jacket and blouse, Ozbek; choker, Mary B. Hetz at Fragments; wig, Barry Hendrickson's Bitz-n-Pieces, NYC.

ROUNDED EYES



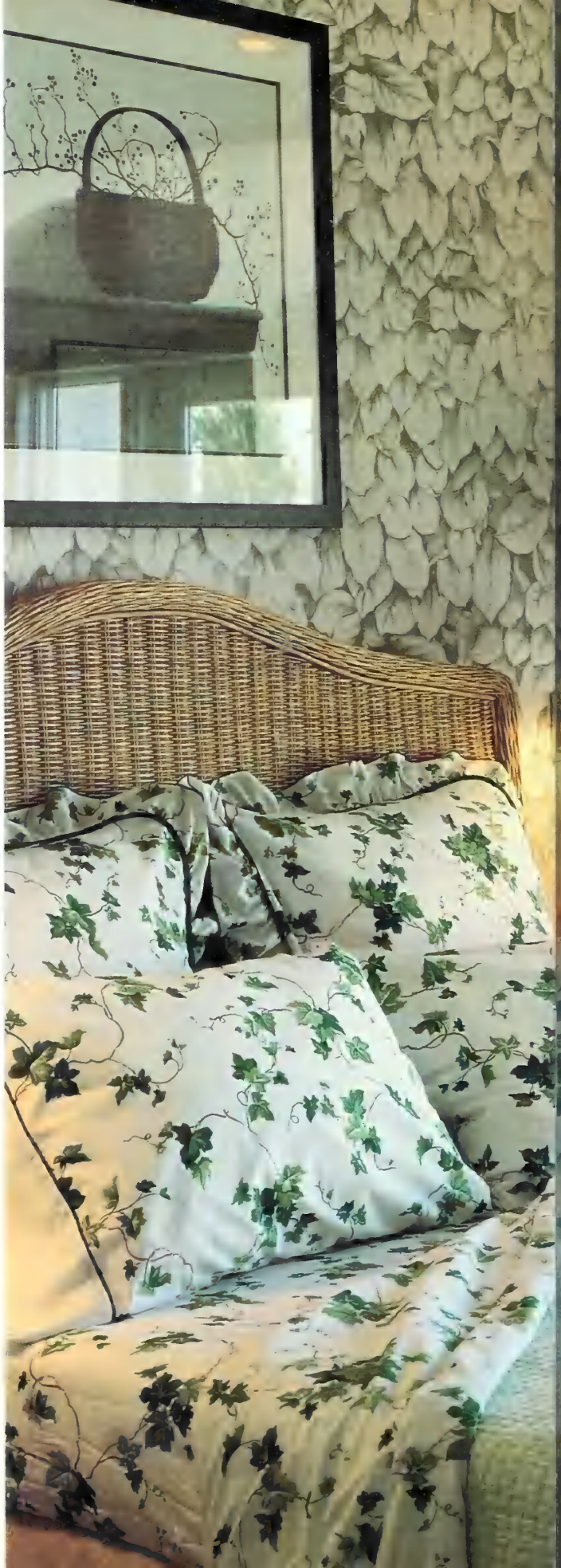
ANYONE CAN HAVE BIG, ROUND EYES—THE TRICK IS IN THE CHOICE OF MAKE-UP COLORS AND THE APPLICATION. OPT FOR A MUTED BASE SHADOW IN A NATURAL SHADE LIKE PUTTY, TAUPE OR CAMEL APPLIED ACROSS ENTIRE LID FROM LASHES TO CREASE. SUBTLY CONTOUR THE LID BY APPLYING A PALER SPOTLIGHT OF SHADOW IN THE CENTER OF THE LID TO ROUND THE EYE. HIGHLIGHT THE BROWBONE WITH THE SAME SHIMMERY OR MATTE SHADOW TO MAKE EYES LOOK BRIGHT AND ALERT, AND ADD LOTS OF MASCARA ON UPPER AND LOWER LASHES. A FEW INDIVIDUAL FALSE LASHES APPLIED TO TOP AND BOTTOM CENTER LASHES CREATES THE ROUNDEST EYE OF ALL! ALL MAKEUP, L'ORÉAL: LIGHTNESSE LIGHT NATURAL MAKEUP IN NATURAL BEIGE; SOFT EFFECTS EYECOLOUR IN TERRA AND OPAL; ACCENTUOUS PRECISELY DEFINING MASCARA IN BLACK; COLOUR RICHE HYDRATING LIPCOLOUR IN BRONZE SKIN; LIP PRECISION SELF-SHARPENING PENCIL LINER IN THE NUDES.

Blouse and vest, Alberta Ferretti; model, Maria Palkvist of Next.











The master bedroom brings a touch of country greenery into the overall palette of muted earth tones seen in the rest of the house. The adult work center, left, makes the most of a corner niche in the hall

THE NEW AMERICAN HOME 1993

LHJ VISITS COZY BEDROOMS AND HIGH-TECH WORK CENTERS IN PART TWO OF OUR DREAM-HOUSE TOUR.

BY LESLIE LAMPERT, LIFESTYLE EDITOR

This year's New American Home, in the Summerlin community of Las Vegas, is an oasis of new ideas for families.

Gone are the bedrooms that double as work spaces. Today's homes call for carefully planned computer nooks and bedrooms that take relaxation seriously. In this new approach, inspired by builder Lewis Homes of Nevada, the bedroom becomes the spiritual sanctuary.

Designers Charles Riley and Michael Foster created the family's second-floor bedrooms with an easy country attitude, and turned the extra-roomy hall areas into a home office and learning center. The result: a house that's equipped to handle everyone's *(continued)*

Photos: Michael Lamotte; architect: Edwards Van Fleteren & Partners, Inc.; builder: Lewis Homes of Nevada; interior design: Charles Riley and Michael Foster. Fabrics and wallcoverings, unless otherwise specified, 1993 Seagel Catalog. Top left: Bedroom: Wallcovering, Waverly; Window: sash accessories, Kirsch; carpet, Bentley Carpets; comforter, Wood Art; sink, Elger; tub, Jacuzzi; cabinetry, Armet. Bottom left: Upstairs: McCulloch peep holder, memo box geometric, letter rack geometric, notebook geometric, Pier 1 Imports; wall paint, Sherwin Williams; countertops, Wilsonart. Nearby: ottoman, quilt, queen pillowcases, marble obelisk, Pier 1 Imports; vase, Pacific Arts; window shade, Hunter Douglas; wallpaper, Congoleum Co.; fireplace, Majestic; slate, American Olean; flooring, KPS carpet at Tierra; paint, Sherwin Williams. All fabrics protected by Scotchgard. The 1993 New American Home is sponsored by The National Association of Home Builders, the National Council for the Housing Industry, *Ladies' Home Journal*, *Better Homes and Gardens*, *Popular Science* and *Home Mechanix*. Details, page 230.



[continued] homework.

"We extended the nature theme into the bedrooms with floral and ivy fabric patterns and the same understated desert colors found throughout the first floor," says Foster. In the master bedroom, the leafy motif is played up on the walls, complementing the vine-themed linens—a cozy setting that Foster calls "crisp country."

In the master bathroom, a luxurious look was achieved with a blush-colored palette using mixed tiles of soft-white and pale-pink hues.

Just outside the master suite is the home office, complete with a computer and telephone answering machine. Bill files, mail and other personal paraphernalia are organized for everyday use, keeping clutter to a minimum.

When it came to decorating the kids' rooms, Riley and Foster were adamant: "Today's kids' rooms have to work at every stage. They must appeal to a five-year-old, yet be appropriate for a sixteen-year-old, too."

In the boy's room, the Native American look gets playful with fish-patterned sheets and a buffalo pillow. A mix of stripes, flowers and a country quilt define the girl's room, which is "distinctly feminine, but not frilly," says Foster.

To maximize easy care, the design team chose vinyl floorings for both children's rooms and placed colorful area rugs in each.

Furnishings and accessories (unless otherwise specified): 1993 Spiegel Catalog. Left, stuffed lion, wooden dog, wooden watermelon slice, Pier 1 Imports; flooring, Armstrong; headboard and armoire, Sauder Woodworking. Top right, flooring, Armstrong; purse, barrettes, wastebasket, wooden bird, Pier 1 Imports; potted flowers, Plantworks; cabinets, Sauder Woodworking. Bottom right, wallcover, Sherwin-Williams; countertops, WilsonArt; pencil holder, Pier 1 Imports; cabinets, McConnell Cabinets.

Charles Riley and Michael Foster designed both children's rooms, with an eye toward the future—choosing wallcoverings, linens and furnishings that appeal to a child from kindergarten to high school. "We stayed away from any really young themes," says Foster, "so as not to limit the rooms to specific ages."





TIPS FOR A MORE RESTFUL BEDROOM

To help you turn your room into a soothing retreat, Michael Foster and Charles Riley offer these ideas to help smooth away the stresses of the day.

■ Choose wall colors that have a calming quality, such as soft hues of taupe, cool white, sky blues, lavender, pale pink or peach. Even with lively fabric patterns, a peaceful backdrop will instantly make the room feel more composed.

■ Select draperies or window shades that block out sunlight when drawn, for a cozy, private feeling.

■ Assemble favorite amenities on your bedside night table for easy access and personal comfort: a good reading lamp and books, a reliable alarm clock (with adjustable light that can be dimmed for sleeptime), a pitcher of water, a bud vase with a single rose, family photos.

■ Arrange a seating area—either a chair and small table, or a chair and ottoman—for a quiet place to read, watch TV, knit or daydream.

■ Choose carpeting that feels luxurious to bare feet. Broadloom is a good choice—it also minimizes noise and gives the room a warm feeling.

■ Comfy bedding is essential for making your bedroom feel cozy. Choose cotton flannel or even satin sheets; try a big, puffy comforter, or, if you prefer light weight, a quilted coverlet does the trick. For extra comfort, try placing a featherbed (a layer of goose down) between the mattress and bottom sheet.

■ Don't skimp on pillows. Make sure you have the right firmness for reading and sleeping comfort, and store spare ones for extra propping needs.

Whether you live in a contemporary or a traditional-style house, these decorating ideas from The New American Home will guarantee comfort and the most current style


THE RIGHT INGREDIENTS ARE RIGHT INSIDE.™
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Hormel
Beef Stew
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Only the finest ingredients go into Hormel Microwave Meals and Soups. Garden-fresh vegetables. Handmade pasta. Choice meats. And real cheese. All slow-cooked to seal in freshness and deliver a taste that's just like homemade.
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CHILI
Hormel
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FOOD JOURNAL

CHICKEN GOOD AND QUICK
ALL-NEW THIRTY-MINUTE RECIPES
ARE THERE ANY NEW WAYS TO SERVE IT UP? YOU BET! HERE'S A HOST OF FAST, FABULOUS RECIPES

ELEGANT SPRING DESSERTS
A SPECIAL MEAL DESERVES A SPECTACULAR DESSERT: OUR PERFECT-FOR-SPRING FINALES ARE ALMOST TOO PRETTY TO EAT!

MIAMI IS COOKING!
FRESH, EXOTIC, INNOVATIVE RECIPES FROM MIAMI'S BEST RESTAURANTS



CHICKEN good and quick

All-new thirty-minute recipes



Ready, set, go . . . . It's suppertime in the fast lane, and chicken, everyone's favorite, is in the lead. Long on flavor when you're short on time, these easy entrées are your winning ticket to delicious dinners, lickety-split. **By Jan Turner Hazard**



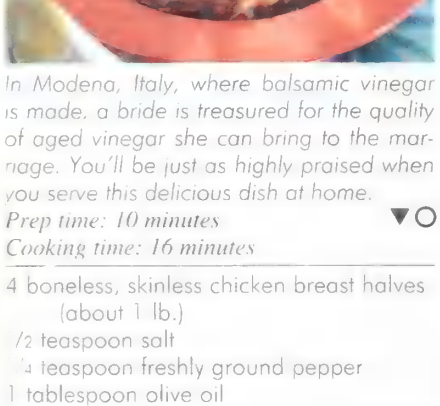
CHICKEN ADOBO

Challenging ▼ Low-fat
Moderate Ⓜ Microwave Low-calorie

Menu
Elegant Weekend Dinner

**Balsamic Chicken Breasts with orzo*
Sautéed broccoli with garlic
**Almond-Ricotta Cheesecake (recipe on page 195)*
**Recipe given*

BALSAMIC CHICKEN BREASTS



In Modena, Italy, where balsamic vinegar is made, a bride is treasured for the quality of aged vinegar she can bring to the marriage. You'll be just as highly praised when you serve this delicious dish at home.
Prep time: 10 minutes ▼○
Cooking time: 16 minutes

4 boneless, skinless chicken breast halves (about 1 lb.)
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1 tablespoon olive oil
1/4 cup minced shallots
1/2 cup chicken broth
3 tablespoons balsamic vinegar
1 teaspoon brown sugar
1 tablespoon butter
1 cup orzo pasta, cooked
2 tablespoons minced fresh parsley

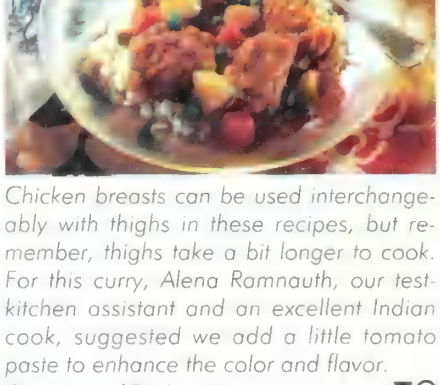
Place chicken between 2 sheets of wax paper. Pound 1/2 inch thick with rolling pin or mallet. Sprinkle chicken with salt and pepper. Heat oil in large skillet over medium-high heat. Cook chicken 4 minutes per side. Transfer to serving plate, cover and keep warm. Add shallots to skillet and cook, stirring, 2 minutes. Add broth, vinegar and brown sugar. Bring to boil, cook until reduced by one third, about 4 minutes. Whisk butter into skillet until melted. Pour over chicken. Toss orzo with parsley and serve with chicken. Makes 4 servings.

Per serving		Daily goal
Calories	365	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	74 mg	300 mg or less
Sodium	507 mg	2,400 mg or less
Carbohydrates	41 g	250 g or more
Protein	33 g	55 g to 90 g

Menu
Curry in a Hurry

**Curried Chicken with couscous*
Sliced cucumbers with yogurt
Mango slices with honey
**Recipe given*

CURRIED CHICKEN



Chicken breasts can be used interchangeably with thighs in these recipes, but remember, thighs take a bit longer to cook. For this curry, Alena Ramnauth, our test-kitchen assistant and an excellent Indian cook, suggested we add a little tomato paste to enhance the color and flavor.
Prep time: 10 minutes ▼○
Cooking time: 16 to 19 minutes

2 tablespoons curry powder
1 teaspoon cumin
3/4 teaspoon salt
1/4 teaspoon freshly ground pepper
Pinch cloves
2 tablespoons water
1 teaspoon minced garlic
1 teaspoon tomato paste
1 tablespoon vegetable oil
2 cups finely chopped onions
8 boneless, skinless chicken thighs (1 1/4 lb.), halved
1 Golden Delicious apple, cored, cut into 1-inch pieces
1 cup sliced (1/2 inch) carrots
3/4 cup chicken broth
1 cup frozen peas, thawed
1 cup couscous or rice, cooked

Combine first 8 ingredients in small bowl. Stir until blended; set aside.

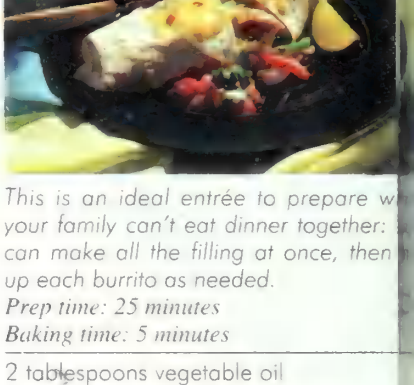
Heat oil in Dutch oven over high heat. Add onions and cook, stirring occasionally, until tender, 3 to 4 minutes. Add spice mixture; cook until fragrant, 1 minute. Add chicken, apple, carrots and broth. Reduce heat and simmer covered, stirring occasionally, until chicken is cooked and vegetables are tender, 12 to 14 minutes. Stir in peas and heat through. Serve with cooked couscous or rice. Makes 4 servings.

Per serving		Daily goal
Calories	485	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	118 mg	300 mg or less
Sodium	814 mg	2,400 mg or less
Carbohydrates	61 g	250 g or more
Protein	35 g	55 g to 90 g

Menu
Speedy Southwest Supper

**Quick Chicken Burritos*
Avocado and jicama salad
Chocolate ice cream with Kahlu
**Recipe given*

QUICK CHICKEN BURRITOS



This is an ideal entrée to prepare w your family can't eat dinner together: can make all the filling at once, then up each burrito as needed.
Prep time: 25 minutes
Baking time: 5 minutes

2 tablespoons vegetable oil
1 pound boneless, skinless chicken bre cut into 1/4-inch strips
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
Half of 1 medium onion, sliced thin
1 teaspoon minced garlic
1 teaspoon cumin
Half of 1 green pepper, sliced thin
2 plum tomatoes, sliced thin
2 tablespoons canned chopped green chiles
1/4 cup fresh cilantro leaves
1 can (15 oz.) pinto beans, drained, rinsed and mashed
4 large (10-inch) flour tortillas
1 3/4 cups shredded pepper-jack chees divided
Salsa and sour cream, for garnish

Preheat oven to 375°F. Heat oil in la skillet over high heat. Add chicken, and pepper; cook, stirring occasiona until cooked through, 4 minutes. With s ted spoon, transfer to plate; keep warm

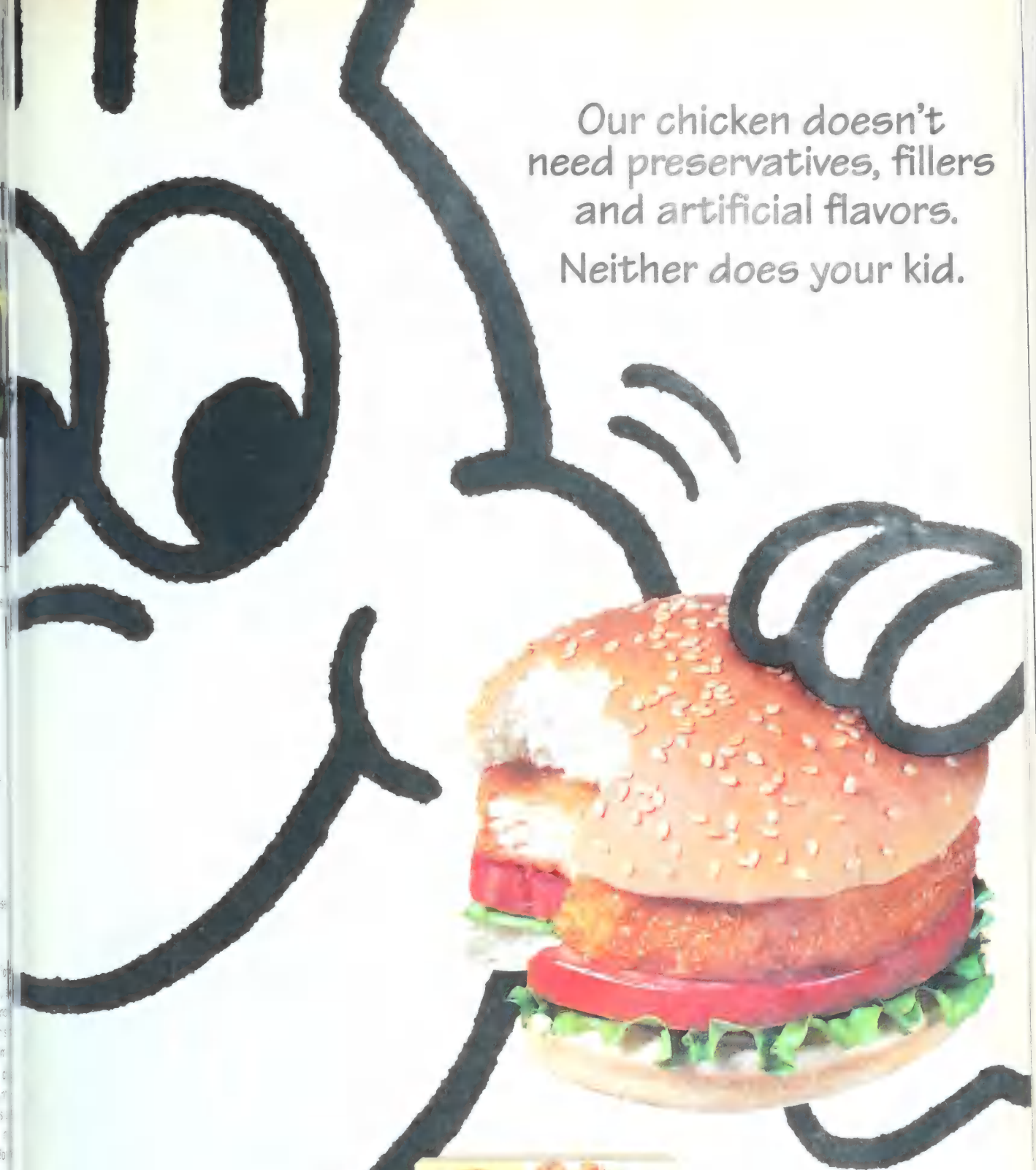
Add onion, garlic and cumin to d pings in skillet; cook until fragrant minute. Add green pepper, tomatoes a chiles; cook, stirring, until tender, 3 m utes. Return chicken to skillet; add cila and heat through.

Spread beans evenly down center tortillas. Top each with 3/4 cup chicken ing; sprinkle with 1/4 cup cheese. Fold b tom third of each tortilla over filling. F sides over filling; roll up tightly. Place b ritos seam side down in shallow 13x9-i baking dish. Sprinkle with remaining cup cheese. Cover with foil. Bake 5 m utes. Serve with salsa and sour cre Makes 4 servings.

(continu

Our chicken doesn't need preservatives, fillers and artificial flavors.

Neither does your kid.





We use only our own Tyson Holly Farms® chicken. We wouldn't want your kid to have it any other way.

Tyson Feeding you like family.

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...out garnishes	Daily goal
	2,000 (F), 2,500 (M)
	65 g or less (F), 70 g or less (M)
	20 g or less (F), 23 g or less (M)
	300 mg or less
	2,400 mg or less
	250 g or more
	55 g to 90 g

Menu
Thrill-of-the-Grill Supper

**Grilled Chicken and Spinach Salad*
Crusty bread
**Pineapple Foster (recipe on page 192)*
**Recipe given*

GRILLED CHICKEN AND SPINACH SALAD



Test-kitchen favorite *We've combined grilled chicken and oranges with the great flavors of a spinach-bacon salad to make a refreshing entrée.*

Prep time: 17 minutes
Cooking time: 8 to 10 minutes

2 pounds fresh spinach, rinsed, trimmed
3/4 cup thinly sliced red cabbage
8 thin slices red onion
1 orange, peeled and sectioned
4 boneless, skinless chicken breast halves (about 1 lb.)

Dressing
1/4 teaspoon grated orange peel
1 tablespoon soy sauce
1/4 teaspoon freshly ground pepper
1 teaspoon sugar
3 tablespoons brandy
3 tablespoons red wine vinegar
2 slices bacon, halved
3 tablespoons vegetable oil

Prepare grill or preheat broiler. Toss spinach, cabbage, onion and orange in large bowl; set aside. Grill chicken over medium-hot coals or broil 4 to 5 minutes per side. Cool slightly.

Dressing: Whisk orange peel, soy, pepper, sugar, brandy and vinegar in cup; set aside. Cook bacon in skillet over medium-high heat until crisp; drain. Discard all but 1 tablespoon drippings from skillet. Add vinegar mixture and cook, stirring, 45 seconds. Remove from heat; whisk in oil. Pour over salad and toss to coat.

Divide salad among 4 dinner plates; crumble on bacon. Thinly slice each chicken breast and fan over each serving. Makes 4 servings.

Per serving		Daily goal
Calories	335	2,000 (F), 2,500 (M)
Total fat	16 g	60 g or less (F), 70 g or less (M)
Saturated fat	3 g	20 g or less (F), 23 g or less (M)
Cholesterol	71 mg	300 mg or less
Sodium	465 mg	2,400 mg or less
Carbohydrates	11 g	250 g or more
Protein	30 g	55 g to 90 g

Menu
Parmesan Pronto

**Chicken Parmesan*
Angel-hair pasta
Mixed green salad
Fresh pears
**Recipe given*

CHICKEN PARMESAN



Use your favorite marinara sauce, addin mushrooms for meaty texture. A layer e



Introducing a semi-sweet chip off the

Perfect for baking: New mini-size "m&ms" Semi-Sweet

ucchini adds fresh flavor.
Prep time: 20 minutes ○Ⓜ
Baking time: 10 minutes

boneless, skinless chicken breast halves (about 1 lb.)
¼ teaspoon each salt and pepper
¼ cup all-purpose flour
large egg, beaten
2 cup unflavored dry bread crumbs
tablespoons olive oil
cup sliced mushrooms
jar (14 or 14½ oz.) pizza-style sauce or chunky marinara sauce
tablespoon chopped fresh parsley
medium zucchini, cut lengthwise into 8 slices
cup shredded mozzarella cheese

eheat oven to 375°F. Place chicken be-een 2 sheets of wax paper. Pound ½ ch thick with rolling pin or mallet. Sprin-e chicken with salt and pepper. Place our, beaten egg and bread crumbs sep-rately into 3 shallow dishes. Dip chicken flour, shaking off excess, then in egg, en in crumbs, pressing firmly to coat.

Heat oil in skillet over medium-high eat. Cook chicken until golden, 3 to 4 inutes per side. Transfer to 13x9-inch allow baking dish. Add mushrooms to illet; cook 30 seconds. Add sauce and arsley; cook, stirring, 3 minutes.

Layer zucchini in shallow microwave-oof dish. Sprinkle with 1 tablespoon water. Cover with wax paper or paper towel. Microwave on High 2 minutes; drain.

Place 2 zucchini slices in an X pattern on each chicken breast. Pour sauce evenly over zucchini and sprinkle with cheese. Bake uncovered 10 minutes or until cheese is melted. Makes 4 servings.

Per serving		Daily goal
Calories	425	2,000 (F), 2,500 (M)
Total fat	19 g	60 g or less (F); 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	142 mg	300 mg or less
Sodium	847 mg	2,400 mg or less
Carbohydrates	20 g	250 g or more
Protein	39 g	55 g to 90 g

Menu
Orient Express

**Chicken Adobo with steamed rice*
Lettuce and cucumber salad
Coconut cookies and oranges
**Recipe given*

CHICKEN ADOBO

This Philippine dish couldn't be easier: Simply throw everything into a pot and cook!
Prep time: 10 minutes ▼○Ⓜ
Cooking time: 18 minutes

Adobo
8 boneless, skinless chicken thighs (1¼ lb.)
1 tablespoon minced garlic
¼ teaspoon freshly ground pepper
½ bay leaf
¼ cup white vinegar
¼ cup soy sauce
1 tablespoon vegetable oil
2 teaspoons sugar

1 cup snow peas, trimmed
1 cup diced fresh or canned pineapple
1 cup long-grain rice, cooked
¼ cup chopped fresh cilantro

Adobo: Combine all adobo ingredients in 3-quart saucepan. Bring to boil, stirring occasionally, over medium-high heat. Reduce heat, cover and simmer, stirring occasionally, 12 minutes. With slotted spoon, transfer chicken to platter; keep warm. Discard bay leaf. Increase heat to high; cook sauce until syrupy, 5 minutes.

Meanwhile, place snow peas in microwaveproof dish. Sprinkle with 1 tablespoon water, cover and microwave on High 50 seconds. Drain and toss with chicken on serving platter. Arrange pineapple around chicken on platter; pour on sauce. Stir cilantro into rice and serve with chicken. Makes 4 servings.

Per serving		Daily goal
Calories	425	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	118 mg	300 mg or less
Sodium	1,156 mg	2,400 mg or less
Carbohydrates	50 g	250 g or more
Protein	3 g	55 g to 90 g

Recipes by Lorie Nolan

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old block.
Chocolate Candies.

You've loved baking with "m&m's" Chocolate Candies. Now there's an even better way: delicious real semi-sweet chocolate and a new mini-size make them perfect for cookies, cakes, brownies...you name it!

"m&m's" Chocolate Chip Cookie Recipe.

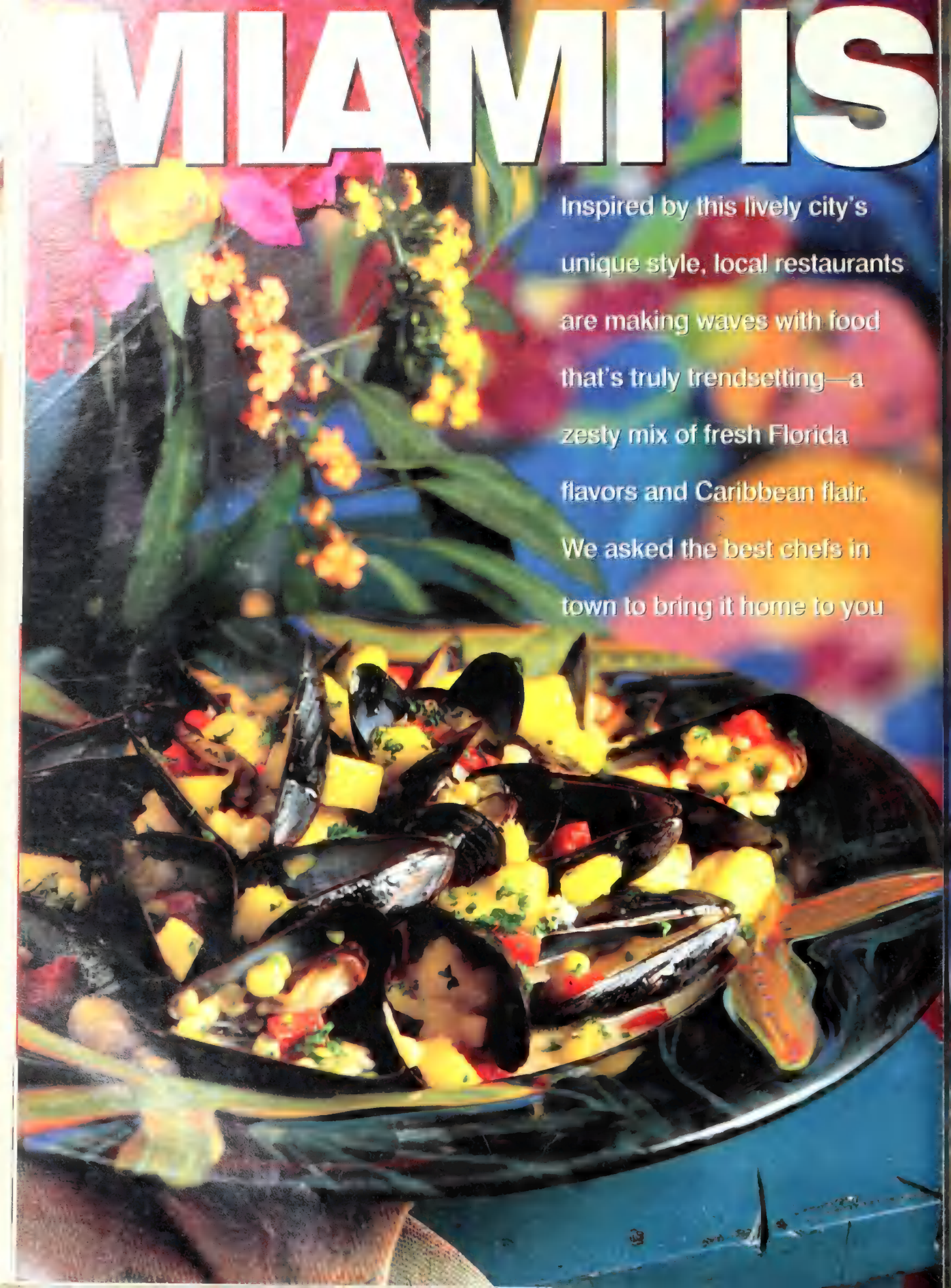
2 cups all-purpose flour
3/4 teaspoon baking soda
3/4 teaspoon salt
1 cup (8 ounces) butter, softened
1 12-ounce package (1-3/4 cups) m&m's Semi-Sweet Chocolate Candies
3/4 cup chopped nuts - optional

Preheat oven to 375°. In a small bowl, combine flour, baking soda and salt; set aside. In large bowl, beat butter, sugars and vanilla until creamy. Beat in eggs. Gradually beat in flour mixture. Stir in m&m's® Baking Bits, Semi-Sweet Chocolate Candies and nuts, if using. Drop by heaping teaspoonful about 2 inches apart onto ungreased cookie sheets. Bake 8-11 minutes until lightly browned. Cool 1 minute on cookie sheet; place on wire cooling rack. Store in tightly covered container. MAKES ABOUT 5 DOZEN 2-INCH COOKIES. HINT: For "chewy" cookies, bake 8-9 minutes; for "crispy" cookies, bake 10-11 minutes.

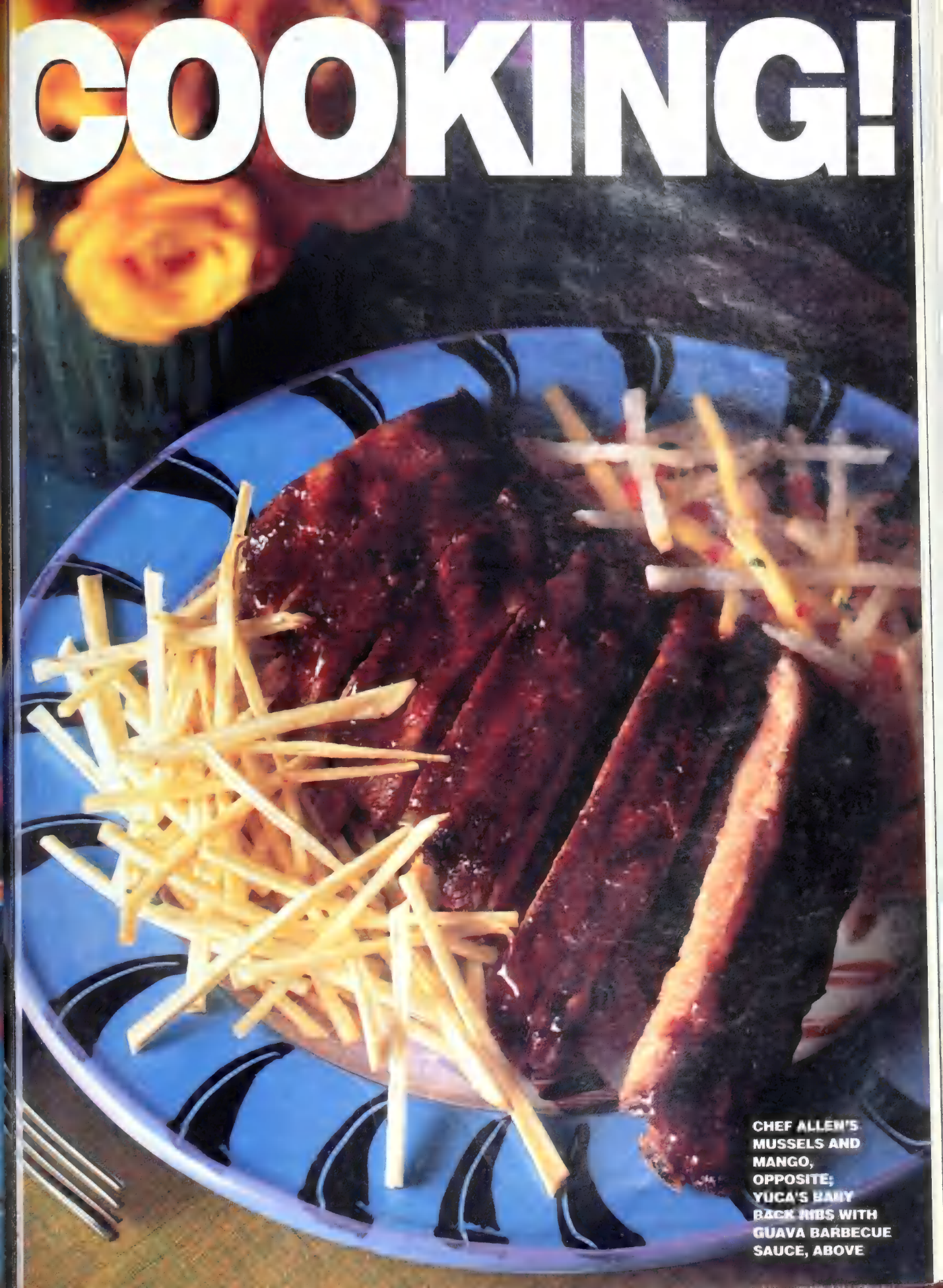


MIAMI IS

Inspired by this lively city's unique style, local restaurants are making waves with food that's truly trendsetting—a zesty mix of fresh Florida flavors and Caribbean flair. We asked the best chefs in town to bring it home to you



COOKING!



CHEF ALLEN'S MUSSELS AND MANGO, OPPOSITE; YUCA'S BABY BACK RIBS WITH GUAVA BARBECUE SAUCE, ABOVE

Challenging ▼ Low-fat
Moderate Ⓜ Microwave ▽ Low-calorie

PISTACHIO GROUPER WITH FENNEL SALAD



As one of the new breed of Miami chefs, Mark Militello believes in Florida's natural resources: At Mark's Place in North Miami, his creative cooking features the region's freshest seafood and seasonal produce as well as the organic herbs and vegetables he grows himself. In his Pistachio Grouper, the classic Floridian fish gets a light pistachio crust and an orange-accented fennel salad.

Prep time: 45 minutes
Broiling time: 4 to 5 minutes

Fennel Salad
- 1/4 cup fresh orange juice
- 1 tablespoon white wine vinegar
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1/4 cup olive oil
- 1 small fennel bulb, cut into julienne strips, or 1 1/2 cups sliced celery
- 1/4 cup chopped fresh mint

Pistachio Grouper
- 1/2 cup ground pistachio nuts
- 3 tablespoons butter, softened
- 2 tablespoons unflavored dry bread crumbs
- 1 teaspoon chopped fresh basil
- 1/2 teaspoon minced garlic
- Salt and freshly ground pepper
- 4 skinless grouper, snapper or cod fillets (7 oz. each)
- 1/3 cup all-purpose flour
- 2 tablespoons vegetable oil

- 6 cups trimmed watercress
- 1 cup orange sections
- 8 edible flowers (optional)
- 1 lemon, cut into wedges
- 1 lime, cut into wedges

Fennel Salad: Combine orange juice, vinegar, sugar, salt and pepper in medium bowl. Gradually whisk in oil. Add fennel and mint, tossing to coat well. Cover and set aside up to 1 hour.

Pistachio Grouper: Meanwhile, combine pistachios, butter, bread crumbs, basil, garlic, 1/8 teaspoon salt and pinch pepper in small bowl until combined.

Preheat broiler. Lightly oil jelly-roll pan. Season fish with salt and pepper. Place flour on sheet of wax paper; dip both sides of each fillet in flour, shaking off excess. Heat oil in large nonstick skillet over high heat. Add fish and cook until golden on both sides, 3 minutes. (It should not be cooked through.) Transfer to prepared jelly-roll pan and spread fish evenly with nut mixture. Broil 5 inches from heat source 4 to 5 minutes, until browned and cooked through. (If topping browns too quickly, cover loosely with foil.)

To serve, arrange watercress on platter with orange sections and flowers. Top with fish and Fennel Salad. Serve with lemon and lime wedges. Makes 4 servings.

Per serving		Daily goal
Calories	615	2,000 (F), 2,500 (M)
Total fat	40 g	60 g or less (F); 70 g or less (M)
Saturated fat	10 g	20 g or less (F); 23 g or less (M)
Cholesterol	97 mg	300 mg or less
Sodium	419 mg	2,400 mg or less
Carbohydrates	24 g	250 g or more
Protein	44 g	55 g to 90 g

JOE'S CRAB CAKES



When Joe Weiss opened his family restaurant, Joe's Stone Crabs, on the tip of Miami's South Beach in 1913, no one thought of eating stone-crab claws until he perfected a way to boil and chill them. Today, granddaughter Jo Ann Bass runs the world-famous restaurant with her family, serving melt-in-your-mouth crab cakes and other stone-crab delicacies. Joe's is open only from October 15 to May 15, the legal season for stone crabs.

Prep time: 1 hour plus chilling
Cooking time: 8 to 10 minutes per batch

Crab Cakes
- 1 1/4 cups unflavored dry bread crumbs, divided
- 1 pound crabmeat, flaked and picked over
- 1/2 cup finely chopped red pepper
- 1/3 cup mayonnaise
- 1 large egg, lightly beaten
- 1/4 cup minced onion
- 1/4 cup chopped green onions
- 2 tablespoons minced fresh parsley
- 2 tablespoons Dijon mustard
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon minced garlic
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon red pepper sauce
- 1/8 teaspoon salt
- 3 tablespoons vegetable oil

Mustard Sauce
- 1/2 cup mayonnaise
- 1 tablespoon heavy or whipping cream
- 1 3/4 teaspoons dry mustard
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon steak sauce
- Pinch salt

Crab Cakes: Line cookie sheet with wax paper. Place 1 cup bread crumbs in shallow dish. Combine remaining 1/4 cup bread crumbs with remaining crab-cake ingredients except oil in large bowl until just blended. Shape mixture evenly into 8 patties. Coat each crab cake with crumbs, turning carefully to coat both sides. Transfer to prepared cookie sheet. Cover and refrigerate 2 hours.

Heat 2 tablespoons oil in large nonstick skillet over medium heat. Cook crab cakes in batches, adding more oil if necessary, until golden brown, 4 to 5 minutes per side. Transfer to warm platter. Serve with Mustard Sauce. Makes 8 crab cakes.

Mustard Sauce: Combine all ingredients in small bowl. Cover and refrigerate until ready to use. Makes 1/2 cup.

Per crab cake		Daily goal
Calories	355	2,000 (F), 2,500 (M)
Total fat	27 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	100 mg	300 mg or less
Sodium	596 mg	2,400 mg or less
Carbohydrates	14 g	250 g or more
Protein	15 g	55 g to 90 g

PEPPER SHRIMP



Fastest recipe of the month *Shabeen, the Jamaican word for a dive, would seem to be a strange name for a restaurant in the pastel-pretty Marlin Hotel on South Beach. However, both the name and the place capture perfectly the spirit of Caribbean beachside cookshacks, serving up spicy, exotic dishes in a colorful, eclectic atmosphere. The chefs at Shabeen love spices and seafood and combine them in unusual ways: The ultrahot chiles in Pepper Shrimp make an easy-to-prepare seafood dish a culinary adventure that's well worth taking.*

Prep time: 5 minutes
Cooking time: 20 minutes

- 6 cups water
- 3 green onions, chopped
- 1 fresh Scotch bonnet chile, chopped, or 1 dried habañero chile, crumbled*
- 1 tablespoon salt
- 6 allspice berries, crushed
- 1 pound small shrimp in shells

Pepper Butter (optional)
- 1/4 cup butter
- 1/2 teaspoon minced fresh Scotch bonnet or habañero chile or 1/2 teaspoon crumbled dried habañero*

(continued)

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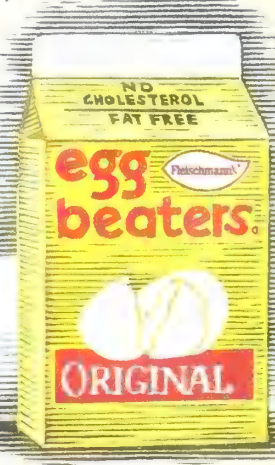
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HEAVENLY CHOCOLATE CAKE

1 package (2-layer size) chocolate cake mix
½ cup unsweetened cocoa
3 eggs
1 ⅓ cup water
1 cup MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing

Heat oven to 350°F. Stir cake mix and cocoa; add remaining ingredients. Beat at medium speed with electric mixer until blended. Pour into greased and floured 13 x 9-inch baking pan or 2 (9-inch) round cake pans. Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool and frost as desired. Makes 12 servings.

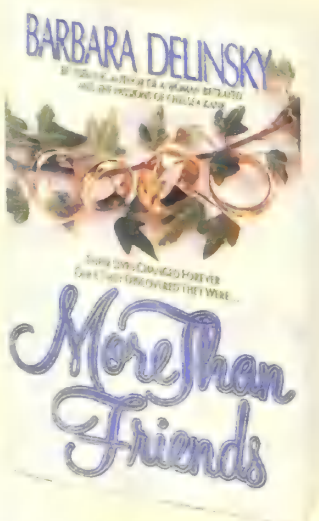
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Miami is cooking!

continued

Combine water, green onions, chile, salt and allspice in large saucepot. Bring to boil; boil 10 minutes. Add shrimp and cook 3 minutes more. Drain. Serve with Pepper Butter to dip. Makes 4 servings.

Pepper Butter: Heat butter with minced chile in small saucepot until melted.

*Wear rubber gloves while handling and chopping these extremely hot chiles.

Per serving with 1 T. sauce		Daily goal
Calories	200	2,000 (F), 2,500 (M)
Total fat	13 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	171 mg	300 mg or less
Sodium	666 mg	2,400 mg or less
Carbohydrates	1 g	250 g or more
Protein	19 g	55 g to 90 g

BLACK BEANS



Budget recipe of the month *Vibrant Cuban fare has been a Larios family tradition at their original neighborhood restaurant, Casa Larios. Singer Gloria Estefan was so enthralled with the hearty food that she helped the family to open a second branch last year in the Cardoza Hotel, in Miami Beach. Quinton Larios serves the same savvy, down-to-earth food at both locations—such as slow-simmering black beans in sofrito, a traditional sauce in Spanish cooking.*

Prep time: 10 minutes plus soaking ○
Cooking time: 2¼ hours

1 pound black beans
2 cans (13¾ or 14½ oz. each) chicken broth

Sofrito
- ⅓ cup olive oil
- 1 large onion, chopped fine
- 1 tablespoon minced garlic
- 1 green pepper, chopped fine
- 1 can (14 oz.) tomatoes, drained
- 1 tablespoon cumin
- 1 teaspoon minced jalapeño chile
- 2 tablespoons cider vinegar
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper

1 tablespoon chopped fresh cilantro

Soak beans in water to cover by 2 inches overnight. (*To quick-soak:* Combine beans with water to cover by 2 inches in large Dutch oven and bring to boil; boil 2 minutes. Cover and let stand 1 hour.) Drain.

Return beans to Dutch oven with broth and fresh water to cover by 2 inches. Bring to boil over high heat; reduce heat, cover and simmer until beans are tender, 1½ hours.

Sofrito: Meanwhile, heat oil in large skil over medium heat. Add onion, garlic a green pepper; cook, stirring occasional until onion is translucent, 8 minutes. A tomatoes, cumin, jalapeño, vinegar, s and pepper. Cook, breaking up tomato with spoon, 2 minutes more. Set aside.

Drain beans, reserving 2 cups cooki liquid. Return beans to Dutch oven w Sofrito and 1½ cups reserved liqui Cover and cook, stirring occasional over medium heat 20 minutes. Uncov and cook, adding reserved liquid if nee ed, 10 minutes. Sprinkle with cilantr Makes 6½ cups.

Per ½ cup		Daily goal
Calories	190	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less
Saturated fat	1 g	20 g or less (F); 23 g or less
Cholesterol	0 mg	300 mg or less
Sodium	490 mg	2,400 mg or less
Carbohydrates	25 g	250 g or more
Protein	9 g	55 g to 90 g

SNAPPER ESCABECHE SALAD

At his restaurant a Mano (Spanish for hand) in the chic Art Deco district of Mia Beach, Chef Norman Van Aken creat Cuban, French and Asian dishes with unique tropical spin—"fusion cuisin geared to the multiethnic mix of co mopolitan South Florida. His Snapper E cabeche Salad, an imaginative take on classic Spanish seafood dish, features tequila marinade, orange dressing a unusual Hispanic cheeses.

Prep time: 55 minutes plus chilling and marinating
Cooking time: 4 to 6 minutes

1 teaspoon cumin
1 teaspoon freshly ground pepper
1 teaspoon sugar
½ teaspoon salt
½ teaspoon ground red pepper
1¼ pounds skinless snapper fillets
1 teaspoon vegetable oil

Marinade
- 3 garlic cloves, sliced thin
- 1 cup sliced red onion
- 1 cup cilantro leaves, coarsely chopp
- ⅓ cup gold tequila
- ¼ cup sherry vinegar
- ¼ cup fresh lime juice
- ¼ cup fresh orange juice
- ¼ cup olive oil

Orange Dressing
- ⅓ cup fresh orange juice
- 3 tablespoons sherry vinegar
- ⅓ cup olive oil
- 1 medium shallot, sliced thin
- Salt and freshly ground pepper

8 cups salad greens (Boston lettuce, arugula, radicchio)
1½ cups diced peasant or French bread lightly toasted
½ cup finely diced manchego or white Cheddar cheese, divided
½ cup finely shredded tetilla or Muenste cheese, divided
¼ cup *(continued on page 18*

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Ah the open road. Got the top cranked down. Got the music turned up. You pop that lighter and treat yourself to a nice smoke. That's the way. Smooth. Mild. Flavorful. Low tar. Low tar? How can that be? Used to be low tar meant low expectations. Well, friend, That was then. And this is

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served Allen Susser well since he opened Chef Allen's, in North Miami Beach, in 1986. Using the best Florida produce and seafood, he blends the techniques of his French training with flavors that fit the tropical lifestyle and climate of Miami. This steamed-mussels dish builds on a traditional seafood preparation with the addition of mango and coconut milk.

Prep time: 20 minutes
Cooking time: 12 minutes

2 tablespoons olive oil
1/4 cup minced shallots
1 tablespoon minced garlic
20 large mussels (about 2 lb.), scrubbed
1/2 cup white wine
1/2 cup fresh corn kernels
1/2 cup diced red pepper
1 teaspoon cumin
1 teaspoon minced Scotch bonnet chile or 1 to 2 tablespoons minced jalapeño chile*
1 mango, peeled and chopped fine
1/2 cup unsweetened coconut milk**
Salt
1 tablespoon chopped fresh chervil or parsley

Heat oil in large saucepan over medium-high heat. Add shallots and cook until tender, 2 minutes. Add garlic and mussels; cook 30 seconds. Add wine; cover and simmer 2 minutes. Sprinkle in corn, red pepper, cumin and chile; cover and simmer 2 minutes. Add mango and coconut milk; cook covered until mussels open, 5 minutes more. (Discard any unopened mussels.) Season with salt and chervil. Arrange mussels in bowls with broth, mango and vegetables. Makes 4 servings.

*Wear rubber gloves while handling and chopping these extremely hot chiles.

**Unsweetened coconut milk is available in Asian markets and can be ordered

Miami is cooking!

continued

Arbequina or Nicoise olives (small black olives)

Heat cumin and black pepper in small saucepan over medium-high heat until fragrant, 30 seconds. (Be careful not to burn.) Transfer to small bowl. Add sugar, salt and red pepper; mix well. Rub spice mixture over fish. Cover and refrigerate 30 minutes.

Marinade: Meanwhile, combine all marinade ingredients in shallow 2-quart glass casserole.

Heat 1 teaspoon vegetable oil in large nonstick skillet over high heat. Add snapper and cook until opaque, 2 to 3 minutes per side, depending on thickness of fish. Transfer fish to marinade. Cover and refrigerate at least 3 hours or overnight.

Orange Dressing: Heat orange juice in small saucepan over high heat. Simmer until reduced to 3 tablespoons, about 3 minutes. Transfer to small bowl. Whisk in vinegar, olive oil, shallots, 1/4 teaspoon salt and 1/8 teaspoon pepper. Makes 3/4 cup.

Reserve 2 tablespoons marinade. Break snapper into bite-size pieces, discarding bones. Arrange 1/2 cup snapper around edge of each of 6 plates. Drizzle with reserved marinade. Combine greens, sliced bread and 5 tablespoons dressing in large bowl; toss to coat. Add 1/4 cup of each cheese and toss again. Arrange salad in center of plates. Sprinkle with remaining cheese and olives. Serve with remaining dressing. Makes 6 servings.

Per serving		Daily goal
Calories		30% or 2,000
Total fat		[illegible]
Saturated fat		[illegible]
Cholesterol		[illegible]
Sodium		[illegible]
Carbohydrates		55% or more
Protein	26 g	[illegible] g/50 g

MUSSELS AND MANGO

Preparing classic French cuisine in Paris and New York has





1/4 cup dry sherry
1/4 cup tomato paste
1/4 cup corn syrup
1/4 cup unsulfured molasses
2 teaspoons dry mustard
2 teaspoons cumin
2 teaspoons minced onion
2 teaspoon minced garlic

Marinade Combine water and bay leaves in large, shallow nonaluminum baking dish. Puree remaining marinade ingredients in blender until smooth. Set aside.

Add ribs to marinade, turning to coat. Cover and refrigerate overnight.

Remove ribs from refrigerator 1 hour before cooking. Preheat oven to 450°F. Cover ribs with foil and bake 45 minutes for baby back, 1 hour for spareribs, or until tender when pierced with fork. Remove ribs from baking dish and cool.

Guava Barbecue Sauce Meanwhile, combine all ingredients in large saucepan and bring to boil. Reduce heat to very low and simmer gently, stirring occasionally, 1 1/2 hours. Makes 3 cups.

Prepare grill or preheat oven to 450°F. With sharp knife, score meat between ribs on both sides of racks, being careful not to cut through. Brush ribs on both sides with Guava Barbecue Sauce. Grill or bake 10 to 20 minutes, basting frequently with additional sauce. Makes 8 servings.

*Guava marmalade and guava paste are available at Hispanic and some specialty markets.

Per serving		Daily goal
Calories	265	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F), 70 g or less (M)
Saturated fat	4 g	20 g or less (F), 23 g or less (M)
Cholesterol	107 mg	300 mg or less
Sodium	412 mg	2,400 mg or less
Carbohydrates	20 g	250 g or more
Protein	27 g	55 g to 90 g

Researched by Carole Kotkin.

Mo-Hotta Mo-Betta, 800-462-3220

erving		Daily goal
es	265	2,000 (F), 2,500 (M)
fat	10 g	60 g or less (F), 70 g or less (M)
ated fat	7 g	20 g or less (F), 23 g or less (M)
sterol	18 mg	300 mg or less
m	201 mg	2,400 mg or less
hydrates	21 g	250 g or more
n	10 g	55 g to 90 g

BY BACK RIBS WITH GUAVA BARBECUE SAUCE

ulgent but worth it *Douglas Rodriguez named his restau- Yuca as a tribute to the vegetable that is a staple of Cuban king. With exotic ingredients and lots of imagination, he has sformed traditional Cuban cooking into an innovative cui- . Grilled ribs get their new-wave kick from a guava-flavored becue sauce.*

p time: 30 minutes plus marinating
oking time: 1 to 1 1/2 hours

rinade
2 cups water
2 bay leaves
/2 cup red wine vinegar
/2 cup chopped onion
2 tablespoons chopped fresh cilantro
2 tablespoons fresh oregano or 1 teaspoon dried
teaspoon cumin
teaspoon salt
teaspoon freshly ground pepper
5 garlic cloves, chopped

acks (2 lb. each) baby back ribs or 1 rack spareribs

ava Barbecue Sauce
can (18 oz.) guava marmalade (or 14-ounce can guava paste blended with 1/2 cup boiling water)*
cup sherry vinegar



Elegant spring desserts

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OREO FUDGE PIE

(makes 8 servings)

1 quart vanilla ice cream or frozen yogurt, softened
1 OREO Pie Crust
½ cup chocolate fudge sauce
Prepared light whipped topping
Mini OREO Bite Size Chocolate Sandwich Cookies

Spread ice cream or yogurt in crust; top with fudge sauce. Freeze until firm, about 6 hours. To serve, garnish pie with whipped topping and cookies.

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PHILADELPHIA CREAM CHEESE
KRAFT

Ready-Crust

The Philly 3-Step Cheesecake Recipe.

10 Minutes To Prep With A Keebler Ready-Crust.

It's Hard To Resist Something This

gant spring desserts

tinued

n microwaveproof cup, microwave ıey on High 40 seconds. Stir in remain- 1 teaspoon lemon juice. To serve, un- p roulade and cut into 1/2-inch slices. ange 3 slices on each dessert plate. zzle with honey mixture and garnish ı raspberries. Makes 10 servings.

erving		Daily goal
es	290	2,000 (F), 2,500 (M)
fat	15 g	60 g or less (F); 70 g or less (M)
ated fat	8 g	20 g or less (F); 23 g or less (M)
sterol	48 mg	300 mg or less
m	73 mg	2,400 mg or less
hydrates	35 g	250 g or more
n	5 g	55 g to 90 g

MOND-RICOTTA CHEESECAKE

amaretto-flavored cheesecake in a colate-wafer crust is deceptively simple nake and guaranteed to win raves.

p time: 20 minutes plus chilling Ⓜ

st
squares (2 oz.) semisweet chocolate, chopped, melted
cup chocolate wafer cookie crumbs

nvelope unflavored gelatin
ıblespoons amaretto liqueur
ıblespoon cold water
ıp heavy or whipping cream
cup sugar
ontainers (15 oz. each) ricotta cheese
ocolate curls, for garnish (optional)

ıst: Combine melted chocolate and ıkie crumbs in bowl. Press evenly in tom of 8- or 9-inch springform pan. eze until ready to use.

ıprinkle gelatin over amaretto and wa- in 1-cup microwaveproof measure; let ıd 2 minutes. Microwave on High 40 onds; stir. Let stand 2 minutes more. In ther microwaveproof measure, mi- wave cream on High 45 seconds, until . Transfer to blender. With machine add gelatin through hole in lid and ıd until gelatin is completely dissolved, ninute. Scrape down sides of blender l blend again. Add sugar; blend until solved. Add 1 container of ricotta; ıd until smooth. Transfer half the mix- to large bowl. Add remaining ricotta lender and blend until smooth. Stir bowl. Pour batter into prepared pan. ver and refrigerate at least 8 hours.

o serve, run a small knife around ge of pan. Remove sides. Garnish with ocolate curls. Makes 12 servings.

ıerving		Daily goal
es	315	2,000 (F), 2,500 (M)
fat	19 g	60 g or less (F); 70 g or less (M)
ated fat	11 g	20 g or less (F); 23 g or less (M)
sterol	63 mg	300 mg or less
m	127 mg	2,400 mg or less
hydrates	25 g	250 g or more
n	10 g	55 g to 90 g

RING CORNUCOPIAS

od editor's favorite *The cornmeal es the cookie cones a nutty taste. As- ible just before serving—the filling can chilled for a few hours.*

p time: 15 minutes ◒

Baking time: 8 to 10 minutes per batch

Cornucopias
- 1/4 cup butter (no substitution)
- 2/3 cup sugar
- 3 large egg whites
- 1/2 teaspoon grated orange peel
- 1/4 cup all-purpose flour
- 2 tablespoons yellow cornmeal

Filling
- 1 pint strawberries, quartered
- 1 mango, diced
- 2 tablespoons granulated sugar
- 2 tablespoons tequila
- 1 tablespoon chopped fresh mint
- 1 cup sweetened whipped cream

Cornucopias: Preheat oven to 350°F. Generously coat cookie sheets with vegetable cooking spray. Beat butter and sugar in mixer bowl at medium speed until light and fluffy. Beat in egg whites one at a time, then orange peel. Beat in flour and cornmeal just until smooth. Let stand 10 minutes. Spoon scant 1/4 cup batter onto cookie sheet and spread into 6-inch circle, 2 cookies per sheet. Bake 8 to 10 minutes, until edges are golden. Cool on wire racks 30 seconds, then loosen 1 cookie at a time with long, flexible metal spatula and invert onto clean surface. Immediately roll into cone shape and prop open with small glass or cup until set. Repeat with remaining batter.

Place 1 cornucopia on each of 8 dessert plates. Spoon filling evenly into openings and top with dollops of whipped cream. Makes 8 servings.

Filling: Combine all ingredients except cream in bowl. Makes 3 1/2 cups.

Per serving		Daily goal
Calories	265	2,000 (F), 2,500 (M)
Total fat	13 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	37 mg	300 mg or less
Sodium	88 mg	2,400 mg or less
Carbohydrates	33 g	250 g or more
Protein	3 g	55 g to 90 g

Recipes by Lisa Brainerd.

Mango time!

As sweet and juicy as peak-season peaches, tropical mangoes are abundant during the spring and summer. A medium mango (11 oz.) has 135 calories and is rich in vitamins A and C.

A ripe mango has a fruity aroma and should yield to the touch without feeling mushy. To peel, stand the fruit on a cutting board. Slice down both rounded sides along the large, flat pit. Insert the tip of a sharp knife between the peel and pulp and cut around edge to separate; remove the peel and slice the fruit as desired. Repeat on the other side.

THE PHILLY cream cheese
3-STEP CHEESECAKE RECIPE.

10 MINUTES TO PREP
IN 3 SIMPLE STEPS WITH A KEEBLER READY-CRUST.

MIX

- 2 (8 oz.) pkgs. PHILLY cream cheese, softened*
- 1/2 cup sugar
- 1/2 teaspoon vanilla (at medium speed until well blended)
- Blend in 2 eggs
- Stir in 1/2 cup mini semi-sweet chocolate chips

POUR

batter into a KEEBLER READY-CRUST Graham Cracker pie crust (6 oz.). Sprinkle with 1/4 cup mini semi-sweet chocolate chips. No springform pan needed.

BAKE

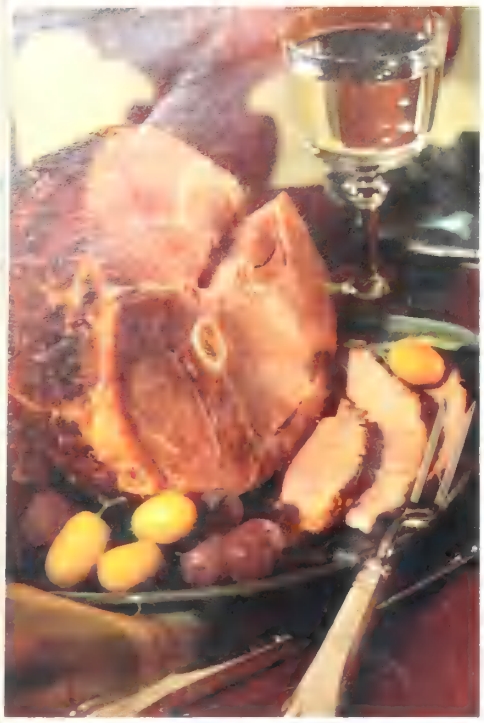
at 350 F. for 40 minutes, or until center is almost set. Cool. For best results refrigerate for 3 hours. 8 servings.

*or use Light PHILLY

PHILADELPHIA CREAM CHEESE

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OUR FAVORITE HOLIDAY HAM

LIKE APRIL SHOWERS, AN EASTER DINNER OF BAKED HAM IS A SURE SIGN OF SPRING. SELECT FROM THREE EASY, IRRESISTIBLE WAYS TO GLAZE: GINGER, PEACH CHUTNEY AND HONEY

Ginger-glazed ham

Prep time: 7 minutes
Cooking time: 1 hour 25 minutes

1 bone-in fully cooked ham (6–7 lb.)

Glaze

½ cup firmly packed dark brown sugar
1 teaspoon minced garlic
1 teaspoon minced fresh ginger
1 teaspoon grated orange peel
¼ teaspoon crushed red pepper flakes
2 tablespoons reduced-sodium soy sauce

1 orange, peeled and sliced thin

Preheat oven to 325°F. Arrange ham fat side up, in shallow roasting pan. Lightly score top in diamond pattern. Bake 1 hour. Meanwhile, combine brown sugar, garlic, ginger, orange peel and pepper flakes in medium bowl. Stir in soy sauce to form a thick paste. Remove ham from the oven. Increase oven temperature to 350°F. Spread top and sides of ham with prepared glaze. Return to oven. Bake, basting twice, 20 minutes. Remove from oven. Arrange orange slices on ham, securing with toothpicks. Baste ham and bake 5 minutes more. Makes 20 servings.

Per 3-oz. serving		Daily goal
Calories	190	2,000 (F); 2,500 (M)
Total fat	8 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	50 mg	300 mg or less
Sodium	1,345 mg	2,400 mg or less
Carbohydrates	10 g	250 g or more
Protein	19 g	55 g to 90 g

Peach-chutney-glazed ham

Prepare and bake ham 1 hour as directed for Ginger-glazed ham. Meanwhile, combine 2 tablespoons cider vinegar, ¼ cup water and 1 tablespoon raisins in small saucepan. Bring to boil over high heat; boil 30 seconds. Whisk in ½ cup peach or apricot preserves, 1 tablespoon grated onion and 2 teaspoons curry powder. Return to boil, reduce heat and simmer until slightly thickened, 5 minutes. Increase oven temperature to 350°F. Brush ham with glaze and bake, basting 3 times, 25 to 30 minutes more.

Per 3-oz. serving: 180 calories, 8 g total fat, 3 g saturated fat, 50 mg cholesterol, 1,277 mg sodium, 7 g carbohydrates, 19 g protein

Honey-glazed ham

Prepare and bake ham 1 hour as directed for Ginger-glazed ham. Meanwhile, combine ⅔ cup honey, 1 tablespoon prepared horseradish, 1 teaspoon Worcestershire sauce and ¼ cup Dijon mustard in small bowl. Increase oven temperature to 350°F. Brush ham with glaze and bake, basting 3 times, 25 to 30 minutes more.

Per 3-oz. serving: 1[illegible] calories, [illegible] g total fat, 3 g saturated fat, 50 mg cholesterol, [illegible] mg sodium, 31 g carbohydrates, 19 g protein

Recipes by Lorie Nolan

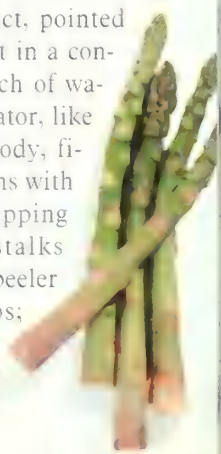
SPRING GREENS

SOME ARE OLD FAVORITES, SOME ARE JUST CATCHING ON, BUT ALL ARE THE TASTIEST GREENS OF THE SEASON'S BOUNTY. BELOW, HOW TO CHOOSE AND USE THE VERDANT VEGGIES



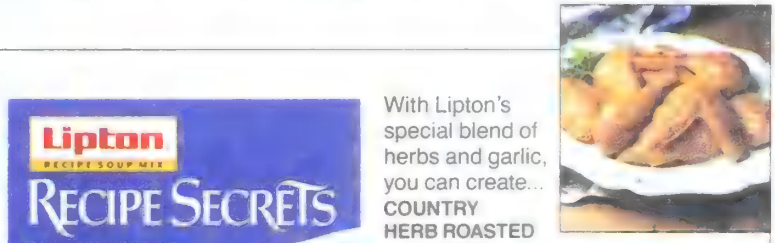
Arugula Also known as rugola, rucola, rocket or roquette, arugula is very tender, with a mustardy, peppery flavor. Most popular in Italy, southern France and Greece, it is used mainly in salads, often in combination with other greens. Buy bright green, fresh-looking leaves. Store loosely wrapped in a damp towel, in a plastic bag in the refrigerator, up to two days (arugula is very perishable). Wash in several changes of cold water, lifting leaves out of the water each time to let any grit sink to the bottom.

Asparagus Always a treat whether it's boiled, steamed or roasted. Cook as soon as possible after purchasing. Look for crisp stalks and compact, pointed tips. Store upright in a container with an inch of water in the refrigerator, like flowers. Trim woody, fibrous ends of stems with a knife or by snapping off. Peel thick stalks with a vegetable peeler 1 inch below tips; pencil-thin asparagus does not require peeling.



THE CHICKEN.

THE SECRET.





Lipton

With Lipton's special blend of herbs and garlic, you can create...

COUNTRY HERB ROASTED CHICKEN

- 2½ to 3-pound chicken, cut into serving pieces
- 1 envelope Lipton Savory Herb with Garlic Recipe Soup Mix
- 2 tablespoons water
- 1 tablespoon olive or vegetable oil

Preheat oven to 375°. In 13 × 9-inch baking pan, arrange chicken. In small bowl, combine remaining ingredients; brush on chicken. Bake 45 minutes or until chicken is done. Makes about 4 servings.

pton Recipe Secrets™ New Savory Herb with Garlic. Recipe Soup Mix for Chicken.
The Secret Worth Passing Around.

Dandelion Dandelion is ...gy and slightly bitter. Wild ...delion should be harvested ... the familiar yellow flowers ...pear. Cultivated dandelion ...greens are larger and milder than the wild plant. Especially popular in salads topped with warm bacon dressing, dandelion can also be sautéed or braised. Look for crisp, green leaves (for wild dandelion, look for small leaves, which are milder). Store loosely wrapped in a damp towel in a plastic bag in the refrigerator.



Sorrel Also called sour grass, sorrel grows wild in Russia and Scandinavia, and is popular in France. Rinse well, chop and cook it in the water clinging to its leaves. Sorrel is very tender and has a tart, lemony taste. It is used mainly in soups and sauces, especially sauces for fish. Look for bright, firm, small leaves (dark, large leaves are stringy and bitter). Store in a plastic bag in the refrigerator.



Spinach The best spinach salads are made with tender, young spinach. Look for crisp, green leaves, preferably tied in bunches rather than packaged in plastic. Wash in several changes of water, beginning with tepid water to help loosen grit and lifting leaves out of the water each time to let grit sink to the bottom. Store in a plastic bag in the refrigerator.



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FIRST SZECHUAN CHINESE, THEN MEXICAN FOOD TURNED ON OUR TASTE BUDS TO HOT-AND-SPICY COOKING. NOW MANY THAI RESTAURANTS HAVE SPRUNG UP ACROSS THE COUNTRY, OFFERING OTHER EXOTIC FLAVORS ALONG WITH THE HEAT WE'VE COME TO LOVE. IT'S EASY TO TRY THAI RECIPES AT HOME—MANY OF THE INGREDIENTS BELOW CAN BE FOUND AT YOUR SUPERMARKET, WHILE OTHERS ARE AVAILABLE AT MARKETS THAT CARRY ASIAN FOODS OR FROM MAIL-ORDER SOURCES.

1. BASIL Thai cooking uses several types of basil. One resembling our common basil is used as a vegetable and in curries; another, similar to Italian dwarf basil, is used raw as a seasoning; and a third, called holy basil, has narrower, slightly reddish purple leaves and a more intense flavor and is also used in some curries. Our domestic variety can be substituted for all three types.

2. CHILES Tiny red and green chiles, actually called Thai chiles, are staples in Thai cooking. They are quite hot, so be sure to protect your hands while seeding and chopping. If you cannot find this variety, serrano chiles make a good substitute.

3. CHILI SAUCE A simple sauce of chiles, sugar, vinegar and salt is used in recipes and as a condiment at the table.

4. CILANTRO (coriander) The fresh green leaves as well as the roots and the dried seeds are a staple of Thai cooking.

5. COCONUT In Thailand, ripe fresh coconut meat is grated to make coconut milk. When fresh coconut is out of season, milk is extracted from dry, unsweetened coconut steeped in water.

6. FISH SAUCE Used throughout Southeast Asia, fish sauce (*nam pla* or *nuoc mam*) is a thin brown liquid made from fermented fish or shrimp. Despite its strong aroma, it's a mildly fishy, salty seasoning.

7. GALANGAL Also known as Laos or Siamese ginger, this variety of ginger has a woody flavor and texture.

8. GARLIC Look for firm, weighty heads without any trace of sprouting.

9. GINGERROOT Look for firm, heavy pieces with no shriveling.

10. KAFFIR LIME Both the leaves and peel are used in curries. Their sweet, floral aroma is unlike that of any citrus we know. Fresh, frozen and dried leaves as well as dried peel are available.

11. LEMONGRASS This thin, spearlike plant, related to citronella, has a floral, lemony flavor that is common to most Thai food. Now grown in the U.S., fresh lemongrass is becoming more available.

12. RICE Two types of rice are used as accompaniments for Thai foods: jasmine, a long-grain, aromatic rice, and sweet rice, a sticky, short round variety also used in desserts.



Thai ingredients can be mail-ordered from:

- *A Taste of Thai, P.O. Box AX, Old Saybrook, CT 06475; 800-243-0897*
- *Mo Hotta–Mo Betta, P.O. Box 4136, San Luis Obispo, CA 93403; 800-462-3220*
- *Nancy's Specialty Market, P.O. Box 327, Wye Mills, MD 21679; 800-4-NANCY-1.*

Thai Shrimp: Combine 1 onion, minced, 2 tsp. minced ginger, 1 tsp. minced garlic, 1 tsp. fish sauce, 1/4 tsp. salt, 2 Thai chiles, chopped, and 1 lb. cleaned shrimp, in bowl. Let stand 20 minutes. Heat 2 tsp. vegetable oil in large skillet over high heat. Add shrimp mixture; stir-fry until opaque. Stir in 1 cup unsweetened coconut milk; cook 2 minutes. Sprinkle with 1/4 cup chopped cilantro and serve with cooked rice. Serves 4.

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Daily bread



A new kitchen appliance is on the rise: The bread machine—which you program to mix, knead and bake automatically—lets you enjoy the fresh-baked aroma and taste of homemade bread every day without lifting a finger! Bread machines are still rather pricey, but less expensive models are now available. We tried out six brands in the LHJ test kitchens, starting with a white-bread recipe from each manufacturer's recipe booklet, except for the Breadman, which doesn't offer a basic recipe. (We found that all the machines created a fluffy loaf with a crunchy, chewy crust—more like commercial bread than homemade.) Next, we tested recipes for light wheat, old-fashioned wheat, three-grain, raisin and white. Herewith, our results.

BRAND (suggested retail price)	DESCRIPTION	PROS	CONS
Breadman Automatic Bread Baker ($299)	Medium-size rectangular machine with top control panel and small window. Four bread-baking programs. Produces a 1½-pound tall square loaf; 3½-cup flour capacity. Standard loaf takes 2 hours 20 minutes. Can be preset up to 12 hours in advance. Includes recipe booklet and use-and-care manual.	Very easy to use; few buttons. Makes the largest loaf of those we tested in the shortest time. Best machine for heartier, whole-grain breads. Has a cooling vent, but manufacturer recommends removing bread immediately after baking. Video and 2 good-tasting bread mixes included.	No basic white or whole wheat bread recipes included; manufacturer sells a bread mix for $2.99 to $3.99. Raisins in raisin bread do not incorporate well and stick to the bottom of the machine.
Hitachi Home Bakery HB-B201 ($350)	Medium-size rectangular machine with small window and top/front control panel. Five bread-baking and dough programs; also cooks jam or steams rice. Produces a 1¼-pound small square loaf; 1-, 2- and 3-cup flour capacities. Standard loaf takes 4 hours 10 minutes. Can be preset up to 13 hours in advance. Includes recipe booklet and use-and-care manual.	Very easy to use. Can make small, medium and large loaves. Many recipes with color photos; great use-and-care manual. Loaf pan snaps easily into place.	Too many settings. Raisins in raisin bread do not incorporate well and become burnt on side of pan.
Maxim Accu-Bakery BB-1 ($229)	Large rectangular machine with front control panel. Five bread-baking programs. Produces a 1-pound small square loaf; 3-cup flour capacity. Standard loaf takes 3½ hours. Can be preset up to 14 hours in advance. Includes use-and-care manual.	Easy to use—just set the type of bread and start. Longest preset time. Use-and-care manual contains photos as well as recipes.	No cooling vent; bread must be removed after baking or it becomes soggy. It's difficult to remove bread and easy to burn yourself. Difficult to lock pan into place.
Panasonic Bread Bakery, SD-BT10P ($399)	Large rectangular machine with top control panel. Seven bread-baking programs. Produces a 1-pound medium square loaf; 2⅓-cup flour capacity. Standard loaf takes 4 hours. Can be preset up to 13 hours. Includes use-and-care manual.	Easy to use. Smaller machine is easier to store. Good manual with 56 recipes.	Large paddle leaves a hole in the bread. Mixing leaves a crust around edge of pan.
Welbilt, The Bread Machine, model ABM-100-3 ($250)	Large cylindrical machine with glass-dome top and front control panel. Looks like *Star Wars'* R2D2. Three bread-baking programs. Produces a 1½-pound large round loaf; 3-cup flour capacity. Standard loaf takes 4 hours 40 minutes. Can be preset up to 12 hours in advance. Includes recipe booklet and use-and-care manual.	Easy to use. Has a clock. Has a vent to cool bread automatically in machine when it is finished. Glass dome makes it fun to watch.	The machine has difficulty kneading whole wheat and raisin breads. Top of the bread collapses during baking. Difficult to lock pan into place. Baking knob is vulnerable to being moved inadvertently.
Welbilt, The Homemade Bakery, model ABM-150R ($300)	Looks like Welbilt's other model. Five baking and dough programs. Produces a 1½-pound large round loaf; 3-cup flour capacity. Standard loaf takes 4 hours 4 minutes. Can be preset up to 12 hours in advance. Includes recipe booklet and use-and-care manual.	Easy to use; good recipe booklet. Stronger motor enables it to make heartier whole-grain breads. Has a clock. Has a cooling vent. Glass dome makes it fun to watch. Built-in baking control (for crust color).	Raisins in raisin bread do not incorporate well and become burnt on side of pan.



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y seem a tad exotic,
an be on your table
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ny quick, simple and
icious dinners you
make with beef.

2 Beef Industry Council and Beef Board

THAI BEEF WITH NOODLES – 30 MINUTES

- 1 -lb boneless beef top sirloin, cut 1 in thick
- ¼ c dry sherry
- 1½ Tbsp reduced-sodium soy sauce
- 1 tsp *each* grated fresh ginger and minced garlic
- 1 tsp Oriental dark roasted sesame oil
- ¼ to ½ tsp crushed red pepper pods
- 2 c cooked ramen noodles *or* linguine
- ¼ c chopped green onion tops or fresh cilantro

Combine sherry, soy sauce, ginger, garlic, sesame oil and pepper pods. Place beef steak in plastic bag; add marinade. Close bag securely and marinate 15 min. Pour off marinade; reserve. Heat nonstick skillet over med heat 5 min. Add steak and cook 12 to 15 min for rare (140° F) to med (160° F), turning once. Remove steak; keep warm. Dissolve 2 tsp cornstarch in reserved marinade and ¼ c water; add to skillet. Bring to a boil, stirring constantly. Stir in noodles. Carve steak into thin slices and serve over noodles. Sprinkle with green onion. 4 servings.

And with your table sporting such a tasteful Thai, your family will be sitting down to a very nice dinner indeed.

Now let's talk about those shoes.

BEEF SM

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You asked for it!

ar LHJ:
r favorite restaurant, The Chart House, in Annapolis, serves a icious brown bread called Squaw Bread. Can you get the recipe?

Doris Skaggs
Severn, Maryland

REAKING BREAD

ile guests at The Chart use enjoy this multigrain ead with dinner, it's just as ty toasted for breakfast. rley malt adds good color and btle sweetness and is ailable in health-food stores.

ease a cookie sheet. Combine **2 3/4 s all-purpose flour, 3/4 cup *each* ole wheat flour** and **unprocessed n, 1/2 cup dark brown sugar, 2 lespoons *each* oat bran** and **rolled s, 1 tablespoon granola** and **2 spoons salt** in large bowl. Dissolve **1 kage active dry yeast** in **1 cup warm water** (105°F.–115°F.), **1/4 cup molasses** and **2 teaspoons barley malt** (optional). Let stand 5 minutes. Add yeast mixture to dry ingredients and stir until well combined. Transfer to lightly floured surface and knead for 10 minutes.

Divide dough in half. Shape each half into a 7x3-inch loaf. Place on prepared cookie sheet, cover and let rise in warm, draft-free place until almost doubled in bulk, about 1 1/2 to 2 hours.

Preheat oven to 350°F. With sharp knife, slash the top of each loaf. Bake 1 hour or until hollow when tapped on bottom. Cool on wire rack. Makes 2 loaves.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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OMING IN MAY

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"I've got the family I always wanted"

Continued from page 150

...chen for a large family dinner after ...urch.

It's a world light-years away from the ...e Shawn knew for most of his life. Times had been hard for him from the start. When Shawn (then called Gregory) was just four years old, his mother, Rachel Kingsley, packed up her two sons (she was pregnant with a third), and separated from his father, Ralph, who was an alcoholic.

Thus began years of uncertainty for the boy, without a solid home or reliable parents. A short visit to his father turned into nearly five years of moving around the country with Ralph and sometimes living in his car. Somewhere along the line, Gregory missed a year of school. During his vagabond years with his dad, Gregory never saw his mother, brother Jeremiah or baby brother, Zachary, born in 1983.

By 1989, Gregory was back with his mother and his brothers, who were now living in Orlando. But after five months, Rachel realized that she couldn't support her whole family. Over the course of the next thirteen months, she placed her two older sons in foster care twice; Gregory lived first with foster families, then in the Lake County Boys Ranch, a group home for abused and neglected boys.

Gregory says that his mother never made any effort to contact or reclaim him during the second time he was in foster care. Feeling angry and abandoned, he took the first step toward distancing himself from his natural parents: He changed his name to Shawn.

One lonely boy

George Russ, an attorney, knows firsthand how painful it is to be mistreated by a parent: He had been raised by an abusive alcoholic father. Somehow, George found the strength within himself to overcome his bitter childhood. He attended Brigham Young University and the University of Florida law school and established a general law practice. But he never forgot his ordeal, which made him passionately concerned about the well-being of children.

Besides being a devoted father, he served as a member of a county commission to determine the need for a children's services council. That was why he visited the Lake County Boys Ranch in 1991. There, he noticed one who looked small for his age, quietly reading a book. "The other boys were playing pool, watching TV, raising cain," George says. "He seemed to be somehow different."

The image of the boy stayed with him that night. Lizabeth recalls that George couldn't stop thinking and talking about the quiet little boy with his nose in a book. "George said, 'How is he going to turn out if he doesn't have a true family? If he doesn't have a father?' "

After a night of discussion and prayer, Lizabeth and George decided to open their hearts and become foster parents. Soon they were attending classes and submitting to a background check.

In October 1991, Shawn moved into the Russ household as a foster child, carrying a shopping bag of clothes and a few prized possessions. "He was so happy, so excited over everything," says Lizabeth. "The kids would tease him because he'd go overboard." She remembers that when she took him shopping for new clothes, all Shawn really wanted was a lunch box. "He said, 'I want one with a thermos. It's got to have a thermos in it. I've always wanted to take chocolate milk to school in a thermos.'

"Talk about the simple pleasures in life," Lizabeth says, smiling sadly.

Starved for affection over the years, Shawn's need for physical contact was enormous. "He used to cling to us," Lizabeth recalls softly. "I'd be in the kitchen washing dishes, and every ten minutes he'd come, hug me for fifteen seconds and walk away." He was soon calling the Russes "Mom" and "Dad" and referring to the three girls and five boys as his sisters and brothers. At last, it seemed, Shawn had found a home.

Five months after the Russes had made Shawn part of the family, Rachel Kingsley told the state social service agency that she wanted her son to live with her, and that she was prepared to fight for him. "I will *not* go back," Shawn told George determinedly. "What can I do to stay with you?"

Those words began six months of legal and emotional turmoil, leading to a trial that drew international attention. In court, Shawn listened impassively as witnesses described his mother's drug and alcohol consumption, the physical force she used against him, her constant partying.

He did not look at his mother once throughout the proceedings.

Moving on

Today, Shawn R. Russ ("We think the R might stand for Ralph," says Lizabeth) lives a peaceful life—at least, as peaceful as it can be with all the public attention. Since the trial, letters and phone messages from adults and children alike have piled up. The movie rights to his story are sold, and CBS has produced the authorized version of his story, to air this spring.

He fits in easily with the loving family and their often hectic schedule: school, music classes, chores, religion lessons. Though the Russes never insisted he join their faith, Shawn was recently baptized in the Mormon church. "It's not that there's anything out of the ordinary about our family," says Lizabeth. "I th k it's that everything is stable. There' a sense of, It's going to stay like this."

Apart from some initial adjustm t conflicts, the Russ children have w comed their new brother wholehearte "It's turned into a very normal broth sister relationship, with all the good a bad that comes with it," Lizabeth says.

But Shawn's life is not without pr lems. He is impulsive and disorganiz the result of a recently diagnosed case attention deficit disorder. He is lega blind in one eye. But he is also brigh a voracious reader who especially enj science fiction.

Shawn also realizes he doesn't hav history as a Russ yet, and it hurts so times. Last Christmas, his eagerness help decorate the tree faded when children unpacked the ornaments. S Lizabeth, "We were taking them o saying, 'Remember when we did th Remember when I made this?' He had ornament to put up. It's times like t when he wants so much to feel like h always been with us."

A sad precedent

Unfortunately, there are many cases l Shawn's, and not all of them have hap endings. Experts say his case is pre dent-setting mainly because it was one the few juvenile-neglect cases ever ai on television. But it also raised fe among some critics that children wou routinely start taking their parents court. Jerri Blair, Shawn's attorn scoffs at those concerns. "This does mean that little Mary or Johnny can sue Mom and Dad," she says. "What t means is that if Mary or Johnny has be abused or neglected and if the st hasn't protected their rights, they can to court. When the system fails, this i safety net to save children who f through the cracks."

Shawn doesn't have much to say on t subject. He'd rather enjoy life with his n family and put his past behind him. Sin the trial, he has not spoken to Rachel his brothers. And he will never see his ther again; Ralph died this past January.

Recently, Shawn explained what h like to tell other children in tragic sit tions like the one he found himself in. a child doesn't have a good life a they're truly not happy—and not just b cause their parents won't buy them son thing—they should talk to somebody a find out if [going to court] is the rig thing for them," he says. "I know it w the right thing for me, to do what I did like it here, and I'm happy. I love m new mom and dad."

Sarah Tippit is a Florida free-lance wri who contributes to Reuters, Time and ot publications.

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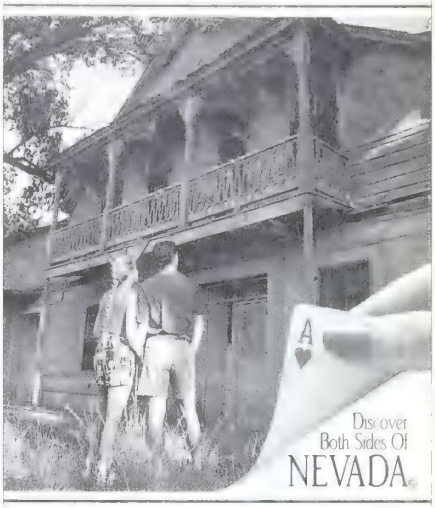
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S&W Lasagna Olé

2 cans (14½ oz) S&W Ready-Cut Salsa, heated
2 cups chicken, cooked & chopped for fajita strips
½ cup chopped cilantro
4 large corn tortillas
1 container (8 oz) cottage cheese
1 egg, beaten
1 can (4 oz) diced green chiles, drained
1 can (2¼ oz) sliced olives, drained well
¾ cup Monterey Jack, shredded
¾ cup Cheddar, shredded

Mix first [illegible] and spread ⅓ of mixture in bottom of 7 x 11" microwave baking dish. Layer 2 corn tortillas on top. Combine next 4 ingredients with ½ cup of *each* shredded cheese and spoon ½ of mixture over tortillas. Repeat layers, ending with Salsa mixture. Cover with plastic wrap and microwave on high 10-12 min., rotating dish during cooking. Remove wrap, sprinkle with remaining cheese, let stand until cheese melts, cut into squares. Serves 6.

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travel journal

Renew your romance in Maui

Hawaii will always be a choice destination for honeymooners, but it's also perfect for couples whose honeymoon is long past. What better place to renew your vows or reaffirm your commitment to each other than the romantic island of Maui? With sensual spa treatments, stunning surroundings and luscious food, places like the Grand Hyatt Wailea Resort and Spa and the Hyatt Regency Maui on Kaanapali Beach make it easy for couples to bring the sizzle back to their relationship.

The Grand Hyatt Wailea is a treat in every sense. Opened in the fall of 1991, luxury emanates from every inch of its forty-two acres, from the ocean-view rooms to the $30 million art collection that graces the lobby, the grounds and a special art gallery.

For head-to-toe pampering, visit the fifty-thousand-square-foot Spa Grande. One of the largest hotel spas in the U.S., it will instantly set the mood for relaxation and romance (particularly if you indulge in the unique massage and bath for two). An outdoor lanai (balcony) links the men's and women's facilities, so couples can enjoy the ocean view while comparing notes on the Polynesian Sand Bath, water therapy treatments, Hawaiian Salt Glow body rub, mud wraps and the unusual Sonic Relaxation Room.

With six varied dining experiences, the Grand Hyatt Wailea has something for every taste. Cafe Kula specializes in gourmet spa food for the health-minded, while Bistro Molokini serves scrumptious Italian dishes in a wonderful, open-air setting near the Action Pool. For seafood, visit Humuhumunukunukuapua'a (Humuhumu, for short). This restaurant is built with ohia and koa wood and banana-leaf thatching and floats on a shallow saltwater lagoon. For the more adventurous, Kincha—a Japanese restaurant designed to replicate an authentic tea house—provides a unique dining experience.

Although the Hyatt Regency Maui on Kaanapali Beach is older, smaller and somewhat less luxurious, it has been awarded the AAA's Five Diamond Award for nine years running. To help couples choose activities that will appeal to both partners, the Regency has launched a complimentary program called Discoveries in Romance. While there's no spa at the Regency, activities include a not-to-be-missed snorkel sail on the fifty-foot catamaran, the *Kiele V*, (even non-swimmers will enjoy snorkeling with a flotation device in the buoyant waters of the Pacific), and the Drums of the Pacific Luau (one look at the hula dancers and your resolution to get in shape will take on a whole new meaning). You can also tour the stars with the rooftop astronomy program. Plus, a free shuttle bus provides easy access to the Whaler's Village and the town of Lahaina for shopping and dining. (For a special dinner, the resort's Swan Court has been named one of the ten most romantic restaurants in the world.)

Both of the oceanfront resorts feature elaborate pools with swim-up bars, as well as open-air, atrium-style lobbies and beautifully landscaped grounds. In addition, each resort offers a variety of special vow-renewal or wedding packages and complete concierge services to aid in planning island excursions.

Rooms at the newer Grand Hyatt Wailea start at around $325. At the Hyatt Regency Maui, prices begin at $240. For toll-free reservations at any Hyatt Resort, call 800-233-1234.

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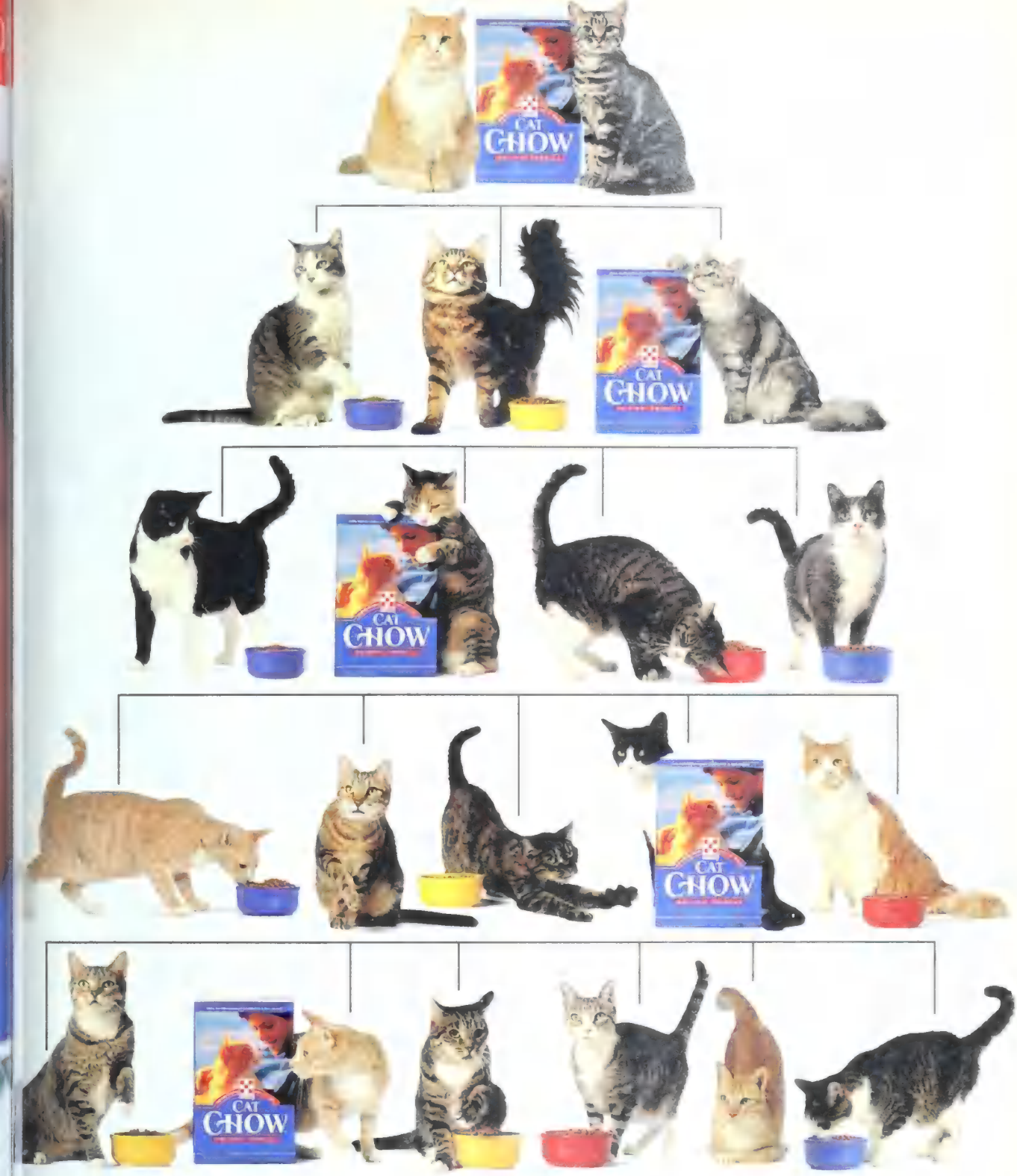


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From page 153

nality is soon to be gracing his es-
hment. He doesn't bat an eye.
" he says. "If she comes in, you'll
er. If she doesn't, you won't."

Ignoring this obvious truth, I ask if a
ble has been reserved. He laughs. "We
n't reserve no tables. You take that one
in the corner before someone else does."

So I sit at a plastic table in the corner of The Source, and a waitress thrusts a plastic menu in front of me and slams down a glass of water. I reflect on how much I wish I were in one of those air-conditioned joints just a little way back along Sunset where the tables are covered in crisp white linen and the glasses sparkle and the menus are in French.

Then, precisely at one o'clock, a tall blond woman in dark glasses climbs out of her white Toyota, grinds a cigarette out and walks toward the restaurant. She's wearing jeans, a white T-shirt and a scruffy man's dinner jacket several sizes too large. She's a bit scruffy herself, but kind of pretty, too—although not striking, not beautiful, not Geena Davis. Except, I suddenly realize, she *is* Geena Davis.

If patrons recognize her, they don't let on as she meanders across the room to my table, says hello, flops down into a chair and says she hopes I didn't mind coming here because it was like her local café and she wanted some breakfast because she'd only just gotten up and she always feels guilty when she sleeps late because she always thinks she should be *doing* something, like writing a book. Or something. That's the way she is—always beating herself up because she thinks she should be accomplishing more.

Never mind that to most people, the thirty-six-year-old star has already accomplished plenty: an Oscar for her role in *The Accidental Tourist*, another nomination for *Thelma & Louise*, and the rare status of being one of Hollywood's most sought-after stars. But that's not enough for Davis. See, she doesn't really rate being a movie star as an accomplishment because she always *knew* she'd be a movie star, never had a moment's doubt.

A star is born

Not long ago, Geena says, she was looking through a family photo album, giggling over pictures of herself as a five-year-old growing up in Wareham, Massachusetts, togged out in white gloves, matching bag, hat and sunglasses. "Why did you make me wear all that stuff?" she asked her mother, a retired teacher's aide. "It was nothing to do with me," her mother protested. "That was all your idea."

By the time she was seven, little Miss Davis was producing and starring in her own plays in the family basement. Wrapped in a chenille bedspread, a pair of pantyhose rammed onto her head to simulate long braids, she delivered many a bravura performance in front of an audience composed largely of her mother, her engineer father and her long-suffering older brother. In her high school yearbook she wrote the following confident caption under her picture: "Plans to go to Hollywood and become a movie star."

Still, the budding thespian lost some of her self-assuredness when it came to dating—mostly because she was so much taller than everyone else, including the boys. "I certainly didn't think I was pretty," she says now, matter-of-factly. "My grandmother and my mother were always telling me how pretty I was, but I used to think, what good was *that*? I wanted boys to think I was pretty. Everyone else was dating except me."

Michael Madsen, who co-starred with her in *Thelma & Louise*, describes the grown-up Davis as a "cross between Daffy Duck and Grace Kelly." She doesn't mind that, but she hates it when she is characterized in the media as a kind of kooky comedienne. "When I read things like that, I think to myself, When did I become Phyllis Diller? Everyone hates to be labeled. It's certainly not how I perceive myself. I'm a serious actor, a serious person, doing something serious."

Despite her busy career, Geena's found time to invent an environmentally friendly hair dryer: a tube you blow into at one end while directing the other at your head. "I'm not applying for any patents," she says mischievously. "At least not yet."

Anyone who wants to question this assertion should be aware that Geena is not only a member of Mensa, the international high-IQ club, but she also recently read Stephen Hawking's *A Brief History of Time*—all the way through. What's more, she actually enjoyed it. "I loved that book. You had to work at it, but it was very, very rewarding."

The road to Hollywood

After graduating from Boston University in 1979, Davis hoped—in fact, expected—to be discovered. She went to New York and moved into the Biltmore Hot
where she paid $45 a week for a roo
She worked as a waitress and as a sal
assistant in a dress shop where, tho
oughly bored one Saturday morning, s
hopped into the front window and join
a group of plaster models, standing m
tionless and unblinking while a sma
crowd gathered and debated whether s
was real. The store hired her to stand
the window every Saturday.

Thinking that if she was going
model, she might as well get to mov
Davis lied about her height—swore s
was five ten, the ideal height for a ca
walk model—and was signed by the pre
tigious Zoli agency at a time when th
were expanding into the theater. It w
through Zoli that she got the chance
audition for a small part in the film *Too
sie*, with Dustin Hoffman.

"I was in Paris doing the collectio
for the first time when I got a telegram
say I'd got the part," she remembers ha
pily. "I don't think I've ever been so e
cited. I had no idea what to expect.
thought that I would have everybo
yelling at me. But they were all incred
bly welcoming and supportive, an
Dustin took me under his wing; he's t
closest I have to a mentor in my career."

Davis's appearance in *Tootsie*—as Hof
man's unsuspecting dressing-roo
mate—was brief but memorable. Th
launched, she moved to the West Coa
and quickly landed a job as Dabney Col
man's assistant in the short-lived TV si
com, *Buffalo Bill*. But when she moved o
to supporting roles in a string of offbe
movies (a vampire in *Transylvania 6-500*
the girlfriend of a mutating scientist i
The Fly, and a ghost in *Beetlejuice*), s
found herself saddled with ludicrous t
tles like "Hollywood's reigning quee
kook" and "quirky queen of the weird."

If her career path was somewha
bumpy, her private life was even more s
In 1981, she married the manager of
restaurant in New York. He was, s
would say later with typical flippancy, th
first man she met there. The marriag
lasted less than two years, but the breaku
was no less painful for that. Then, on th
set of *Transylvania 6-5000*, she fell for he
co-star, Jeff Goldblum, who happene
conveniently, to be six four.

They married in Las Vegas in 1987, i
the kitschy Candlelight Chapel on Ha
loween, confirming their status as Holly
wood's hippest couple. It was
high-profile and apparently ecstaticall
happy marriage, with frequent reports
the silly presents they would give eac
other and their loopy, madly-in-lov
lifestyle. They starred together in tw
more movies, *The Fly* and *Earth Girls A
Easy*. But in 1990, Davis suddenly file
for divorce.

Neither of them will discuss what hap
pened, but Davis says they *(continue*



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back on good terms. "We've worked out a good friendship. It's very good, very healing, to be friends again."

She claims there is nobody in her life right now, but gossip links her with Hollywood security specialist Gavin de Becker. (He has made no comment, except to say that since he has spent his entire career protecting the privacy of other people, he has no intention of letting his own be violated.)

If she is not necessarily thinking about marriage, she is certainly thinking about having children. "I love kids, and I have every intention of having kids, possibly within the next couple of years. It's definitely something I hope to do."

I ask her if she has decided who the father is going to be. Her lips curl slowly into a wide smile, and she shakes her head. Then she suddenly laughs out loud and says: "Maybe it will be fathers."

Living with fame

If her personal life has mellowed lately, her career has skyrocketed. In 1989, Davis broke free from bugs and aliens and won an Oscar for Best Supporting Actress as the eccentric dog trainer in *The Accidental Tourist*. Even then, no one was prepared for the extraordinary impact of her performance, powerfully counterbalanced by Susan Sarandon, in *Thelma & Louise*. Both were nominated for Best Actress Oscars.

Few movies have generated so much controversy, yet millions of women identified with the gun-toting heroines and claimed the movie had changed their lives. Davis candidly admits that she, too, was fundamentally altered by the role. "It was a very big step for me. The reaction to the movie really affected me. I never realized before the depth of the misogyny in our culture. I think before the movie, I bought a little bit into the concept that you shouldn't really claim to be a feminist, that feminism had such negative connotations that it was better to dance around it. Maybe you believe in that stuff, but you never met it head on. I don't really feel that way at all anymore.

"And it's very frustrating to see the kinds of parts that are out there for women. They are either cast in a supporting role, not really involved in the action—who wants to play the *wife* of the guy that gets to do all the fun stuff?—or they are one-dimensional characters."

No surprise, then, that Davis enjoyed playing the strong, crackerjack captain of a women's baseball team in *A League of Their Own* (currently climbing the video-rental charts), even though it was an exhausting film and she had to work with Madonna. Or that she jumped at the chance to play Gale Gayley, the ambitious TV reporter in last year's *Hero*, which gave her a welcome opportunity to work with Dustin Hoffman again.

Now Davis wants to take on the challenge of carrying a picture entirely by herself and getting to do what she describes as "all the fun stuff." It is likely to be a film about the British aviatrix and adventuress Beryl Markham, to be shot in Africa next year. If that does not come off, Genial Pictures, Davis's own production company, has twelve projects under development—all for Davis to star in.

The actress is very much involved with everything at Genial, but her office, with its bright Crayola colors, looks more like a kid's playroom than the headquarters of an aspiring movie mogul. Her desk is fire-engine-red metal, and toys and gadgets are scattered everywhere. Hundreds of scripts lie stacked on bookshelves and in piles on the floor.

"In the last six months the number of scripts we get submitted every week has about doubled," explains Fanny Levy, Genial's vice president of development. "Right now, Geena is about as hot and desirable as anyone can be, and everyone wants to work with her. It amazes me how well she handles it all. She is an incredibly well-balanced person."

Indeed, it does appear as if the burden of fame rests lightly on Davis's shoulders. She lives in a smallish (three bedrooms) house in the Hollywood Hills, hangs out with her friends and spends much of her time reading, going to the movies and playing silly games like miniature golf. She recently bought a farm in Oregon, where she plans to ride horses and savor "the quiet life."

If she weren't an actress, she says, she would be an inventor. Even now, she's always dreaming up utterly useless gadgets, drawing plans on blue index cards. Her favorite is an environmentally friendly hair dryer: a tube that you blow into at one end while directing the other at the top of your head. It comes complete with variable speed—for fast drying, just blow harder. "I'm not planning to apply for any patents," she says with a mischievous grin. "At least, not just yet."

Despite her star status, Davis is rarely recognized when she is out and about in Los Angeles, perhaps because she can usually be found slouching around in jeans and a T-shirt. It isn't that she doesn't like to dress up—she just can't be bothered, except for special occasions. (She does, for example, pull out all the stops for the Oscars.)

"I would have to say that I am a pretty even-keeled sort of person," she says with a laugh. "I don't get stressed about too much. I always tend to be optimistic and to think that everything will turn out fabulous. Fortunately, a lot of the time it does." ■

Russell Miller is a London-based free-lance writer. This article is reprinted with permission from The Sunday Times, London.

Journal Shopping Center

SUPERMODEL Pages 154–159 WHAT'S IN THEIR BAG? Quilted bag, Prada; black suede mules, Prada; hairbrush, Mason Pearson; portable phone; Cellular One by Motorola; wallet, Prada; belt, Hermès; Phytomoelle Corrective and Rehydrating Mask from Phytotherathrie; underwire bra and thong bikini, La Perla; sunglasses, Persol; toothbrush, Phillip Stock; Rembrandt Whitening Tpothpaste; watch, Rolex; Kiehl's Lip Balm #1; nail polish, Chanel French Pink; cashmere sweater, Malo; grey-blue dress, Azzedine Alaia; makeup brush, Bobbi Brown Essentials. THE MODEL UNIFORM: Model Nadya Pupping of IMG; hair, Gad Cohen for Gad Cohen Studio; makeup, Sophie Levy for Bruno Pittini. CLASSIC: Sunglasses (on head), Persol; brown quilted bag, Prada; cashmere sweater (on bag), Malo; watch, Rolex; SONY Sports Walkman; denim shirt, The Gap; jeans, Levi's 501; cowboy boots, Buffalo Chips, SoHo; belt, Hermès. TREND: blouse and tapestry jacket, Anna Sui; black denim bell-bottoms, Norma Kamali; black velvet cap, Eric Javits; platform shoes, Charles Jourdan Bis; PHOTO CREDITS FOR SUPERMODEL **Page 154–155** from left: Savignano/Ron Galella, Image Smeal/Ron Galella. **Page 156–157** All still-life shots, Tohru Nakamura; top left, Tohru Nakamura; center clockwise Kelly Jordan/Ron Galella, Randy Bauer/Ron Galella, Ron Galella, Kelly Jordan/Ron Galella, Images, Barbara Rosen/Images, Anthony Savignano/Ron Galella, Anthony Savignano/Ron Galella, Anthony Savignano/Ron Galella; bottom right clockwise, Butler/Ron Galella, Peter Gould/Images, Anthony Savignano/Ron Galella, Anthony Savignano/Ron Galella. **Page 158–159** All still-lifes, Tohru Nakamura; center clockwise, Raoul Gatchalian/Images, Alice Baldwin/Images, Raoul Gatchalian/Images, Alice Baldwin/Images, Kelly Jordan/Ron Galella, Nancy Kaszerman/Images, Kelly Jordan/Ron Galella; middle top, Randy Baeur/Ron Galella; middle bottom, Anthony Savignano/Ron Galella; far right from top, Ron Galella, Anthony Savignano/Ron Galella, Robin Platzer/Images, Kelly Jordan/Ron Galella, Anthony Savignano/Ron Galella, James Smeal/Ron Galella.

THE NEW AMERICAN HOME 1993 Pages 164–167 Interior design, Michael Foster, 212-874-0066, and Charles Riley, 212-473-4173, NYC. Furnishings and accessories (unless otherwise specified), 1993 Spring/Summer Spiegel Catalog, 800-345-4500. All carpeting, XPS Carpet of Trevira fiber, Hoechst-Celanese, 212-251-8050. All silk plants, Plantworks, 702-795-3600. Countertops, Gibraltar by WilsonArt, 800-433-3222. Paint, Sherwin Williams. MASTER BEDROOM: swing-arm lamp, $34.90; cord cover for lamp, $10; clock, $79.90; twig frame set, $39.90; Belgian bedcap, $119.90; bedskirt, $59.90; Waverly sheets, $89.90; European shams, $34.90 each; standard pillows, $14.90 each; European pillows, $19.90 each; wicker bistro table, $200; "Wild Rose Berries" print, $99.90. Pier 1 Imports, 800-447-4371: headboard, $199.99; obelisk, $14.99. Wallpaper, Donghia Textiles, 800-DONGHIA. Duette Honeycomb Window Shades, Hunter Douglas Window Fashions, 800-327-8953. MASTER BATH: chair, $199 a pair; soap dish, $12.90; bath set, $39.90; table, $249. Flooring, Armstrong, 800-233-3823, Color Passions, flax #68670 with cliff beige border #68687; taupe ceramic tile. Tub and faucet, Jacuzzi, 800-678-6889. Sink and faucet, Eljer, 800-4-Eljer-2. Cabinets, Amera, 419-994-5571. BEDROOM SITTING AREA: recliner, $349; curio cabinet, $999; magazine rack, $59.90; brass lamp, $49.50; animal print pillow, $19.90; wicker bench chest, $299.90; accent table, $249. Pier 1 Imports: vase, $14.99; Horse Copper on wood base, $39.99; assorted figurines. Fireplace, Majestic, 800-638-9452. Slate, American Olean, 215-855-1111. Fabric on screen, P. Kaufman (available through interior designers and fabric stores). Wallpaper, Donghia Textiles. OFFICE: lamp, $69; picture frames, two for $59.90; chair, $199 a pair; wall shelf, $25; vase, $20; phone, $79. Pier 1 Imports: pencil holder, $9.99; memo box, $2.49; letter rack, $4.99; notebook, $2.99. Cabinets, Amera. Laptop computer, Apple Computer Inc., 800-538-9696. BOY'S BEDROOM: End table, $129; lamp, $34.90; sheets, $29.90; comforter, $49.90; sham, $19.90; blanket, $19.90; bedskirt, $24.90; buffalo pillow, $19.90; wallpaper, double roll, $19.90; "Women of the Wild West" print, $89.90; floor lamp, $159; bear doorstop, $39.90; horseshoe frame, $19.90; trick pony bank, $19.90; picture frames, two for $24.90; braided oval rug, $49.90; cordless phone, $79. Pier 1 Imports: lion, $24.99; dog, $5.18; watermelon slice, $5.99; assorted toys available only at Christmas and Easter. Sauder Woodworking Company, 800-523-3987: Sugar Creek headboard and nightstand, Canterbury Armoire. Flooring, Armstrong Color Passions mocha #68673 with coral border. GIRL'S BEDROOM: bed, $199; quilt, $149.90, and shams, $29.90 each; floral all-in-one bed set, $99.90; brass lamp, $49.50; blanket, $15.90; standard pillows, $14.90 each; birdhouse floor screen, $599; "From My Window" print, $69.90; candlestick lamp, $49.90; chair, $199 a pair; wallpaper, double roll, $49.90; rag dolls, $69.90 each. Pier 1 Imports: wastebasket, $19.99; wooden bird, $29.99. Flooring, Armstrong Color Passions dune beige #68682 with coral border. Sauder Woodworking Company: desk #7841. LEARNING CENTER: lamp, $69; chair, $199 a pair; Adirondack chairs, $25 each; vase, $20; Filofax, $29.90. Pier 1 Imports: pencil holder, $9.99. Cabinet, Amera. Apple Performa 600, Apple Computer Inc.

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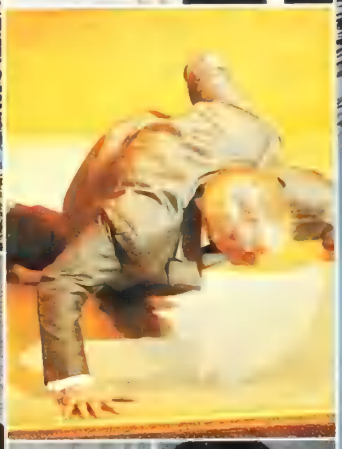
(Clockwise from top left) Good golly, Miss Daisy! In 1990 **Jessica Tandy** became, at eighty-one, the oldest Best Actress ever.... Remember the streaker who stole the show from **David Niven** in 1974?...An ailing **Henry Fonda** received his first-ever Oscar in 1982 from daughter **Jane**....A 1986 presenter, **Cher**, wins our Worst Outfit award....Which movie won the most Oscars (Chariot racer **Charlton Heston** got one)?... **Sally Field**, 1985 winner for *Places in the Heart*, squealed, "You like me!" **Vivien Leigh** won in 1940 for portraying that famous Southern belle....In 1955, **Marlon Brando** fought **Bob Hope** for his *On the Waterfront* award....*City Slickers*' **Jack Palance** celebrated his win with one-arm push-ups. Will he bungee jump this year?













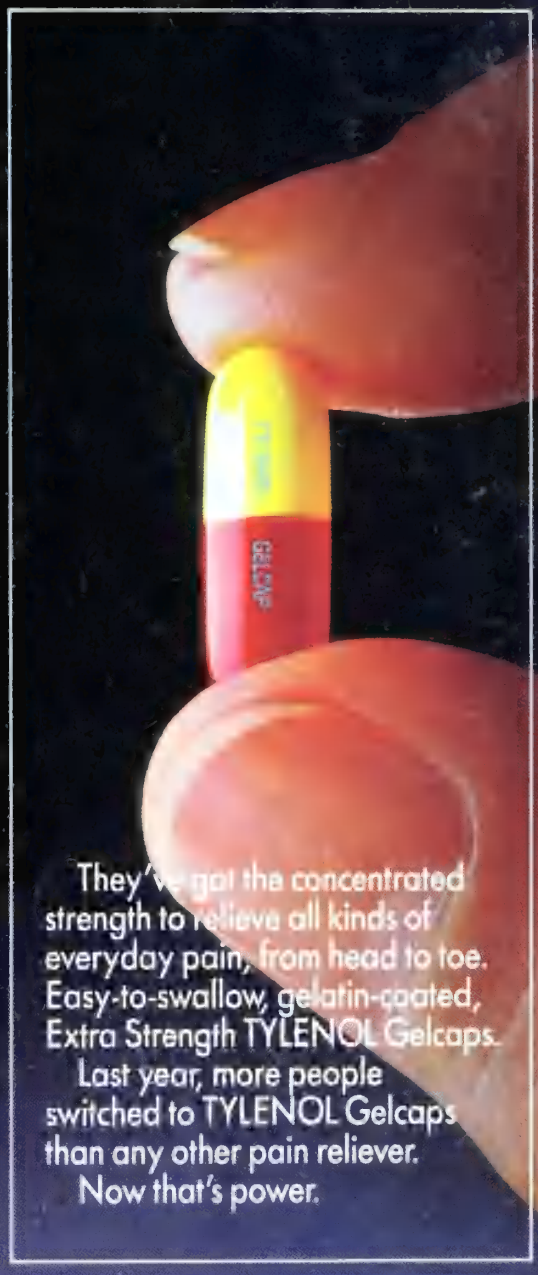






Clockwise from top: Miguel Dominguez/LGI; Kevin Winter/DMI; Scott Alonzo/LGI; Ron Wolfson/London Features Intl.; Miguel Dominguez/LGI; Anthony Savagnano/Ron Galella; Dave Lewis/London Features Intl.; Alex McGough/DMI; Rex USA Ltd

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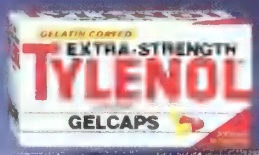
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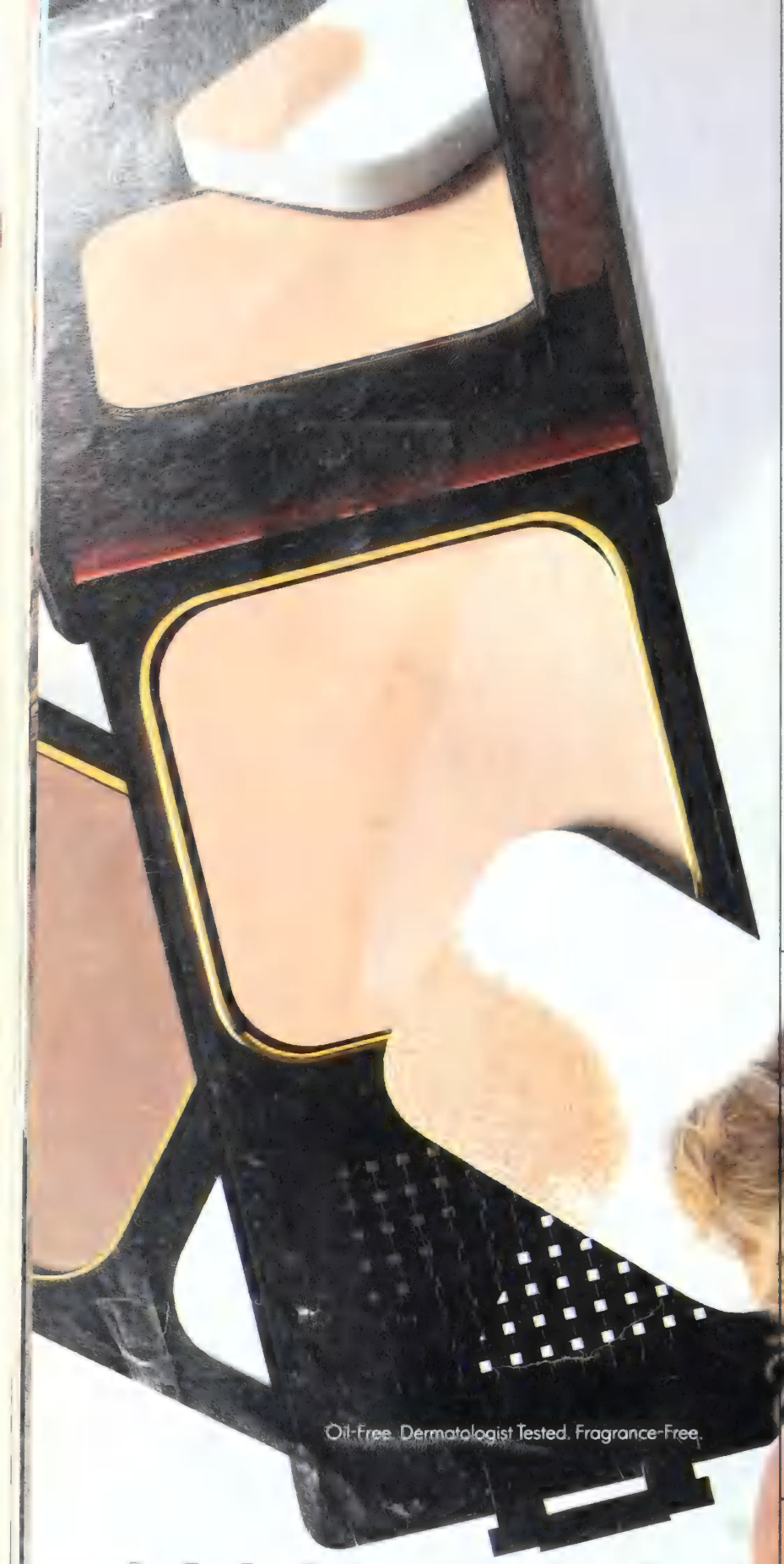
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SHEER DELIGHTS
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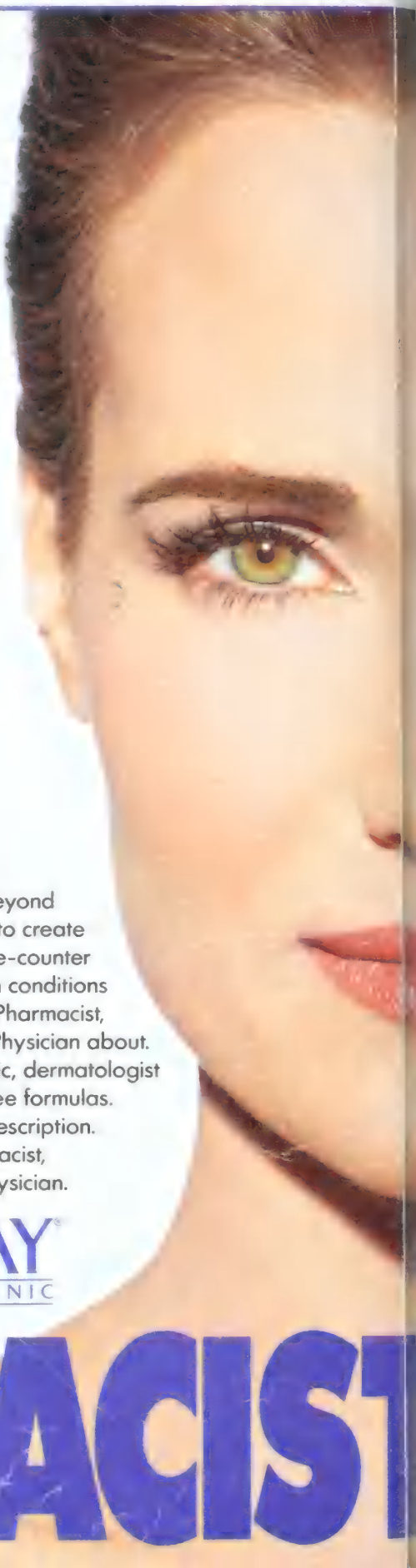
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Cover: Joan Lunden photographed for the Journal by Jonathan Exley/Gamma-Liaison. Hair, Mark Daniel/Fonzi; makeup, Donna Menshching-Kayser; stylist, Pat Henry for Katie Daley. Shirt, Equipment; earrings, Darcey Lee at Yvette Fry Showroom.

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FAMILY STYLE
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Julie is wearing Accentuous Mascara in Black, Soft Effects
Eyecolour in Sable and Lightnesse Makeup in Sand Beige
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Words from the **WISE**

In my January column, I asked you to tell me what are the issues of interest to women that President Clinton and his administration should concentrate on during the next four years. I've written to the President to tell him that *Journal* readers, like many Americans, believe that affordable health care should be his number-one priority. After that, improving both the economy and the quality of education in this country should be his goals. Thanks for your input.

I received a charming thank-you letter from a woman who agrees she has a lot to say thanks about. Recently, Mary Ann Anzalone won *LHJ*'s Million Plu$ Sweepstakes. Mary Ann, who is thirty-five and lives in Chicago, told me, "My mother and I have been *LHJ* readers for years and enjoy every issue." What is she going to do with her good fortune? "Buy a house for my parents when they retire and keep reading *LHJ*."

LHJ will be on TV this month with a special fashion program on the QVC fashion shopping channel. The show, airing May 1, from twelve P.M. to one P.M. E.S.T., will focus on swimsuits that hide your figure flaws *and* keep you right in style. Personally, I think this is a terrific—and easy—way to buy a swimsuit. Hope you watch and agree.

This is indeed a jam-packed issue, but I especially recommend "What smart women ask about menopause," by Gail Sheehy. Gail wrote *The Silent Passage*, the book that really changed the attitudes of millions of women about a rarely discussed subject. I also applaud staffer Leslie Lampert's eye-opening report, "Fat like me." Other features of special interest: our marvelous Italian cookbook, a very special summer-beauty section, an excerpt from this year's biggest romantic best-seller, and some newsmaking photos of Marina Oswald, widow of Lee Harvey Oswald, in Dallas. Quite a variety—but that's exactly what's best about *Ladies' Home Journal*.

Finally, in a recent column I asked readers to share their most helpful ideas. Leslie Nadon, of Ontario, who raised three children with cystic fibrosis, wrote: "One of my best coping tools is keeping a journal. Get those feelings into writing instead of keeping them blocked up inside." Also, she suggests, "When you feel most like turning away from the world, you must reach out to others. The best way to do that is to offer to help someone else. It works every time." Thanks, Leslie, for your letter and your wisdom.

Myrna Blyth

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"The kids are coming between us"

By Margery D. Rosen

JOANNE'S TURN "Last night my husband told me he doesn't know if he loves me anymore," said Joanne, thirty, a stunning brunet. "Here I am with a two-year-old and a three-week-old baby, and he says he's in love with a woman who works in his office—a woman I thought was a friend of mine, no less!

"I am shocked. I had no idea Ted was so profoundly unhappy. He says our sex life is horrible . . . that I'm domineering and bossy . . . that I treat him like a child. I don't know what to do or how I can change.

"I had a pretty typical childhood growing up in a suburban, middle-class neighborhood outside of Charlotte, North Carolina. My dad was a manager at a textile manufacturing company, and Mom taught first grade. I have a brother, but I was the favorite kid.

"To tell you the truth, I don't know if my parents were happy or not. Everything would be fine, then all of a sudden they'd start screaming and slamming doors.

"Neither was outwardly affectionate. Ted reminds me a lot of my dad in that way; he has a real hard time showing emotions. The world could be on fire, and he'd sit there with his hands folded and say, matter-of-factly, 'Well, now, let's talk about this.'

"Not me; I get things done. I was always pretty outgoing. I had a lot of friends growing up, but they were all cute little cheerleaders, and I was long and lanky—six feet tall by the time I started seventh grade. The way I fit in was to be the class clown and pretend it didn't matter. And to study hard.

"My high school science teacher was an inspiration to me. She encouraged me to pursue a career in medicine or microbiology at the university. Since my boyfriend from high school, Gary, went on to a different college, we saw each other only on weekends, so I was able to concentrate on my studies during the week.

"I should tell you a little about Gary. I had always been a fairly confident, strong person. But with Gary, I felt like a big zero. I loved him and I hated him. I think it made him feel good to make me feel insecure. Somehow, he had me convinced I could do no better. After five years of feeling worthless, I finally had the courage to end our relationship, and I swore I would never let anyone boss me around like that again.

"Two weeks after I broke up with Gary, my best friend and her husband fixed me up with Ted. Ted had also just *(continued)*

THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF DOROTHY BUCKNER, M.ED., A MARRIAGE AND FAMILY THERAPIST IN PRIVATE PRACTICE IN ATLANTA, GEORGIA. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.


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woken up with a longtime girlfriend, talked him into calling me.

Well, guess what. We had a terrific He was kind, generous, principled funny. And he didn't make one comment about how tall I was!

"Eleven months later we were married in a beautiful ceremony in the backyard of my parents' home, went to Aruba for a week, then settled in Columbia, South Carolina. I started doing research for a pharmaceutical company, and Ted worked in a local brokerage house. Just after our first anniversary, he received a fabulous job offer at a bank in Atlanta. I had to convince him it was a wonderful opportunity. That's so typical of Ted. He doesn't realize how good he is.

"Finally, he agreed to take the job, and we moved. Bored with my research work, I looked around and was offered a spot in the sales department of another large drug company. That job was tailor-made for me.

"Which brings me to one of our problems. In my work, when you're outgoing and determined, everyone claps. I was named saleswoman of the year twice in a row—why, I could sell dentures to a dog. But while everyone else praises me for being assertive, Ted says I'm aggressive and that I embarrass him to death.

"Look, if I go into a department store and a salesclerk gives me terrible service, I'll tell the manager. If someone cuts ahead of me in line, I speak up. If we go out to dinner and order our steak medium-rare and it comes well done, Ted will eat it! I send it back—that's the way I am; I can't change.

"I was ready to start a family long before Ted was. I think he was concerned about supporting us. That's why I said I'd go back to work right after our daughter, Stacy, was born. And I did: I found a wonderful woman who watched three babies in her home, and I went back to work convinced I could balance my life just fine.

"Well, I was wrong about that. When I was at work, I worried about Stacy, and when I was home, I worried about work. The laundry was piling up; my job performance was slipping. I was running hard but getting nowhere.

"But then we got lucky. Ted was wooed away by a competing bank, and his new salary was exactly what we had both made together. Once again, I had to convince him he could do the job, and I quit mine to stay home full-time. I didn't miss the work, but I did miss the socializing and the recognition.

"We'd always talked about having lots of kids, so I got pregnant again. But right after Gillian was born, Ted really changed. I knew something was bothering him—he started crying in church last week for no reason at all—but he barely said two words to me. To be honest, I have seen this man upset maybe twice in the eight years we've been together. Finally, I pried it out of him.

"Now I don't know what to do. I can't believe my marriage is over, and I'll do anything to make him love me again. When I saw your name in a newspaper article, I decided to call. I have to talk to someone. But every friend of mine who's ever gone to counseling has ended up divorced. I hope this isn't the beginning of the end."

"I don't know if I fell out of love," Ted said wistfully, "or if Joanne pushed me out."

TED'S TURN "I don't know if I fell out of love or if Joanne pushed me out of love," said Ted, thirty-four, a tall, handsome man with sandy-blond hair. "There is so much in our marriage that is wrong. I don't want to hurt her, but I'm tired of being hurt myself. I don't care anymore.

"My feelings for Sherry, a woman in my office, frighten me. I did not plan to fall in love with her. Even before I was married, I always abided by the unwritten rule to never even consider having a relationship with someone I work with. Besides, we're social friends with her and her husband.

"But, over the years, our friendship changed. Sherry and I communicate in a way that Joanne and I never could. It's such a relief just to be able to sit across the table and talk about how I feel about things. She feels the same way about me.

"Now I'm going through hell. I know my feelings for Sherry are wrong. But I can't go through life living a lie. That's not the way I was raised.

"When I was little, we lived in Connecticut, about twenty miles outside of New York City. I was a caboose baby, born when my parents were both over forty. My brother is eight years older, and he's practically in another generation. I wish we were closer, but we're n

"My dad was director of U.S. marketing for a large European corporation. He commuted to the city every day, worked long hours, came home, had a martini and watched the evening news. I don't remember having very much contact with him. He was your typical New Englander: quiet and stoic; pretty much an intellectual.

"We moved to North Carolina when I was in the fifth grade. Mother's family's from there, and she wanted to be closer to them. Since Dad was semiretired then, he agreed, but I don't think he was ever happy. The move was hard on me too. I was a loner, and I didn't make friends easily. Music was my passion, my emotional outlet. I'd go up to my room and play the drums for hours.

"When I was in the ninth grade, my father got sick with colon cancer; within six months he was dead. Watching the spirit drain out of him was tough. Mom was crushed. She couldn't function, and I became the man of the house.

"My mother died when I was a freshman in college—very unexpectedly—of a heart attack. I moved into an apartment with some friends and, after graduation, landed a job in a regional brokerage firm. About that time, I met Joanne.

"Things happened very fast. Joanne came on strong, but she fascinated me. Her values are my values. She's a good person. I'd had a history, though, of falling in love with every girl I went out with; as soon as things got too intense, I'd break it off. I was worried my feelings for Joanne would change too.

"But I did love her, so, finally, I proposed. Joanne is like a bulldozer, and I realize now that I never put my foot down when I should have. Of course, whenever I did, she'd start crying and would take my comments so personally that I just stopped saying anything.

"Joanne has always led the band. She makes all the plans, orchestrates our life. The trouble is she cannot be civil. Instead of calmly pointing out a mistake, she makes a scene, like a spoiled brat. She treats me like a child, too, scolding me in front of friends and family, like I'm a complete jerk.

"Maybe I never let her know how angry her behavior made me. Frankly, I can't stand it anymore. There is a right way and a wrong way to talk to people, and I've tried to explain that to her, but she doesn't get it.

"Our sex life has been very unsatisfying for me, though I suppose Joanne is content the way things are. She's like a robot: mechanical and guarded. I don't understand why she is so inhibited with me: We can only have sex in the dark, under the covers. The only time our lovemaking is barely *(continued)*



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...nstrying is when she's had a few glasses ... If I suggest a different sexual ... forget about it.

"Even though I wanted a family, the responsibility scared me. Being parents has put an added strain on our marriage. I love my kids, but I feel like a stranger to them. When I get home from work, I'm wiped out. All I want to do is eat, watch a ball game and go to bed. Once you get the kids to bed, you don't want to start discussing heavy things. So we go through the motions of being married, but we're drifting.

"Last Sunday when we were singing hymns, I started to cry. I didn't want to dump this on Joanne now, but I couldn't help myself. Joanne says she loves me, but I don't believe it. If she did, she wouldn't treat me the way she does."

THE COUNSELOR'S TURN "What happened to Ted and Joanne happens to many couples when they make the transition into parenthood," said the counselor. "Problems that they might have been able to work out on their own became exacerbated when time was fractured, and the stress of dealing with young children made meaningful communication nearly impossible.

"For years, Joanne's tendency to dominate and direct had alienated her husband and made him feel, as he said, 'bulldozed.' Now, like many new mothers, Joanne's attention was totally focused on her young children. Ted sensed he was being pushed even further away, and though he made some feeble attempts to tell his wife how he felt, he gave up easily. A highly principled man, Ted did not want to destroy his marriage and have an affair, but he had an intense longing for closeness and a need to talk over his fears with a sympathetic, caring person. Joanne was not available; Sherry was—and Ted projected all his dreams of what a marriage could be like onto her.

"Ted was having what I call an 'emotional affair'—anything that is so intensely distracting that it takes away from the primary relationship. He was guilt-ridden, and though he was not physically intimate with Sherry, he was afraid a full-blown affair was not far off. Joanne was distraught, but I admired her courage in trying to face her problems. I assured them that a marriage doesn't have to end because one person has strong feelings for someone else. But it was critical to understand that Ted's feelings were a distress signal.

"As a child, strong-willed Joanne was the family star. Unfortunately, she continued to set the pace in her marriage, so much so that Ted felt squeezed out of the picture. Joanne is a can-do kind of person; if she had a problem, she figured a way around it. 'But you can't legislate feelings,' I told her. 'You can't make Ted love you. And you can't change the kind of person you are either. What you *can* change is your behavior and the way you respond to and treat Ted.' I was strong and confrontational with Joanne. I sensed this might be the only way to get her to see herself more clearly, and I knew she could handle it. Indeed, simply hearing me tell her the same things Ted had tried in vain to communicate was all Joanne needed.

"Ted, on the other hand, had not been close to either his parents or his older brother. When his father died, he never had a chance to fully mourn his loss and express his grief. Told by everyone that he had to take care of his mother, he accepted that responsibility. In a sense, he was ambivalent toward Joanne: While he resented her domineering way, he also depended on her to guide and bolster him.

"This couple needed to shift the balance in their relationship so it was a more equal partnership; the way to do this was to help them communicate so they could really hear each other. Most of the work in this regard was Joanne's. She had to learn to sit quietly and listen when Ted spoke, and not be so busy with her own thoughts or to collapse in sobs. She had to learn to answer him calmly—to say, 'You know, you may have a point there,' instead of automatically screaming, 'You're wrong; that's stupid.'

"During our sessions, we practiced listening skills: Each had five minutes to talk, while the other sat quietly. Whenever Joanne interrupted Ted, I reminded her to give him time to focus his thoughts. My presence gave Ted the courage to tell Joanne how much he hated the way she embarrassed him in public, as well as how overwhelmed he felt about being a father.

"This couple was committed to change and adept at being able to practice the skills and suggestions at home that I offered during our sessions. We made quick progress—I saw them for only six months—as they learned to work as a team. For instance, when Ted spoke about his fears of being a father, Joanne suggested a way to make the transition from work to home smoother for him. She had always thought he just didn't want to help. Now she said she would try to have the girls fed and bathed by the time Ted came home so that he could spend the last hour playing with them. Then, after the girls were in bed, they could have a glass of wine, sit on the sofa and just talk. For his part, Ted now suggests ideas for family outings and movies for them to see. 'Don't try to be a perfect father,' I told him, 'just be the best father you can be.'

"A turning point for this couple came during our third session, when Ted began to discuss how unhappy he was with their sex life. Joanne started to describe her relationship with her first boyfriend, Gary. Between sobs, she confessed that Gary had forced her to have sex in humiliating ways that repulsed her. To protect herself, she vowed that no one would ever do that to her again. Unconsciously, she had blocked off the part of herself that could be sexually spontaneous, and though she loved Ted, she was unable to enjoy lovemaking with him.

"Ted was astonished. He had known about Gary but had no idea of the pain his wife had suffered. 'That's the missing piece to the puzzle,' Ted said. 'That explains why she needs to take charge and hates to feel out of control.'

"Until that moment, Joanne had not made the connection either. Talking about it was cathartic. 'She's not even the same person,' Ted said quietly during one of our last sessions. 'It was as though a demon had been released from her. Now she initiates sex and is totally and lovingly involved.'

"Ted has spoken to Sherry, the woman in his office. Though they still work for the same company, her office is in another building, so they don't often run into each other. They've both agreed that when they do, their relationship will remain cordial and businesslike. However, the two couples no longer socialize. 'I've fallen in love with my wife,' Ted grinned, 'and it's better than I ever dreamed it could be.' "

SKILL BUILDERS

Making a list and checking it twice

This couple not only had much in common, they also had similar dreams and goals for their marriage. The problem was that they had drifted so far apart, neither knew what those were anymore. When this happens, one trick often helps: You and your partner should each make a list of what you want in the marriage as well as the problems you have attaining those goals. Share your lists and talk about which points are similar, which are different. Then post the lists where you both can see them every day (on the bureau, the bathroom mirror).

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VASSARETTE

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"MOMMY, Michael's been hurt!"

By Dixie Conoboy



It was just after noon on a cloudy Saturday—April 25, 1992. I was busy cleaning house for my daughter Savannah's third birthday the next day when my twelve-year-old son, Steven, burst into the kitchen. "Michael's in trouble," he yelled. "He's hurt, and he's crying!" I thought my youngest son had scraped a knee or bumped a toe—until I went to the door and looked out. There I saw a nightmarish, horrible scene: Six-year-old Michael, drenched in blood, was caught in a large farm machine, while his brother Matthew was working to get him out.

It took me a few seconds to understand what had happened. We live in a rural area of Wisconsin, right next door to a potato grower, and my five children (the eldest three are from my previous marriage) are familiar with agricultural equipment. My husband, Mike, and I had always told the kids to stay out of the neighboring fields, mainly because of the chemicals sprayed out there. But I had never talked to them specifically about the dangers of machinery, since we are not farmers and don't own any ourselves. I didn't realize that thousands of farm children are injured each year by the very machines that help provide their families' livelihood.

That day, Mike had gone to shop for a present for Savannah, and the children were playing outdoors. I did look out and check on them often, but somehow I didn't notice that six-year-old Michael and fourteen-year-old Matthew had wandered over to our neighbor's property, a thousand feet away. There, our neighbors had turned on their irrigator and let it run unsupervised.

I never thought much about the dangers of farm machines—until my little boy was hurt in a horrible accident

Thinking it would be fun to ride the slow-moving device, Michael jumped on the long arm of the irrigator, rode a short distance and fell off. Getting up, he grabbed the system's drive shaft. The long metal crank kept rotating, however, snaring his coat, then his hands and arms. Matthew rushed to free him, but it was too late. Michael's left arm had been severed above the elbow; his right hand and some of the muscle and skin from his forearm had been torn off and tangled in the machine.

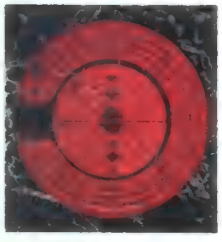
As Matthew ran toward our house, carrying Michael and his arm, I fell to my knees and cried, "Oh, my God." Then I jumped up and ran indoors. We don't have a 911 system in this area, so I called my mother, whose number was the only one I could think of in my panic. She couldn't understand everything I was screaming at her, but she promised to phone for help and then come over.

Now I had to tend to Michael. I had learned from *Rescue 911*, one of my favorite TV shows, that keeping severed limbs cool can preserve them until they can be reattached. To this day, I don't remember which episode mentioned this vital first-aid tip, but I'm grateful I saw it. That show helped me save Michael's life and arm. *(continued)*

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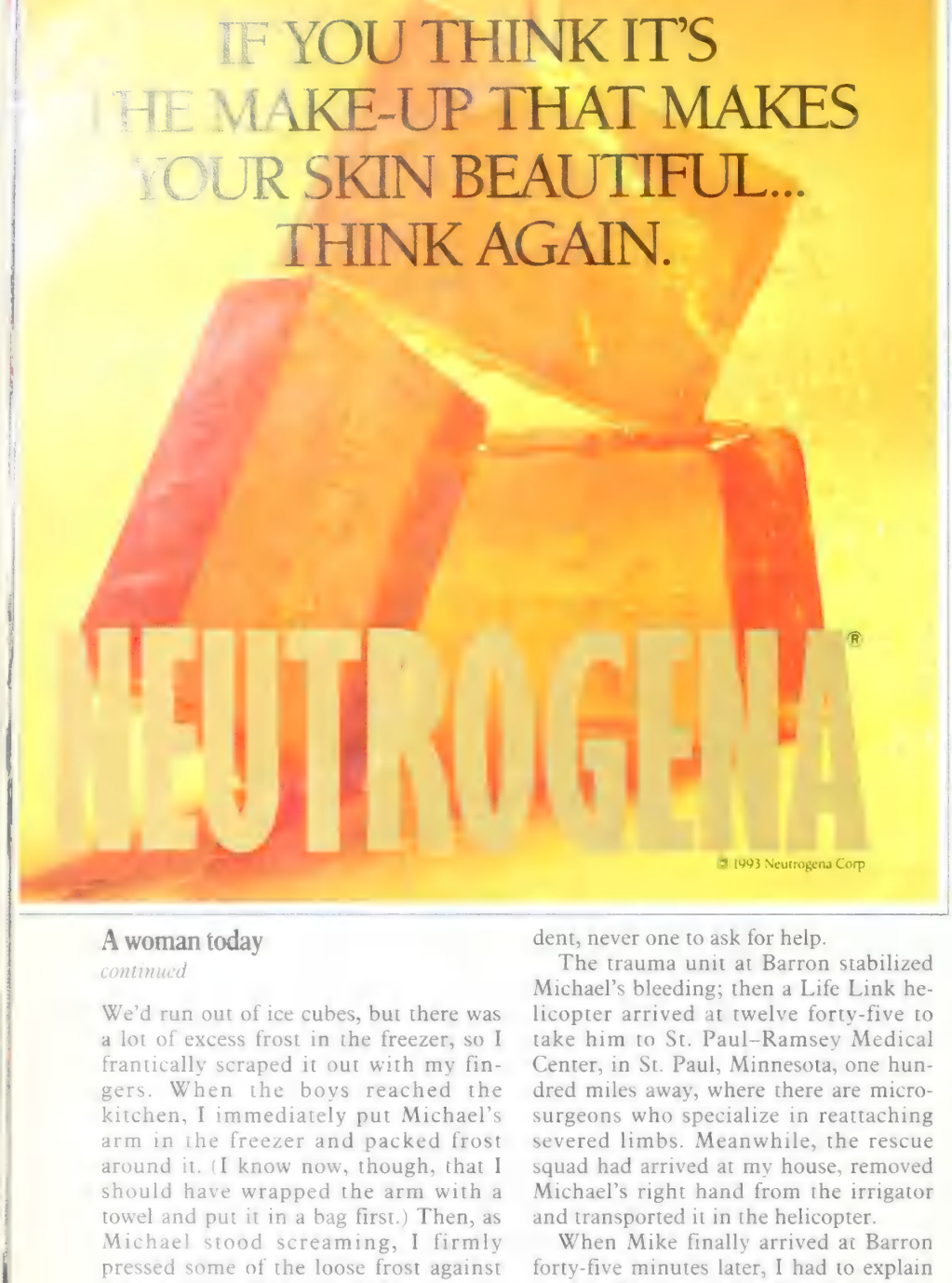
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We'd run out of ice cubes, but there was a lot of excess frost in the freezer, so I frantically scraped it out with my fingers. When the boys reached the kitchen, I immediately put Michael's arm in the freezer and packed frost around it. (I know now, though, that I should have wrapped the arm with a towel and put it in a bag first.) Then, as Michael stood screaming, I firmly pressed some of the loose frost against his open wounds to slow the bleeding.

Matthew called another neighbor, Steve Winkler, and asked him to take us to the hospital. My husband had our only car, and I couldn't wait for an ambulance while every second was threatening my son's life. The nine-mile ride to Barron Memorial Medical Center seemed endless. Steve's truck didn't have a horn, so he flashed the lights on and off, and I pounded on the windows, begging people to get out of our way.

My son was conscious the entire time as he lay on my lap in the front seat, moaning, "It hurts, Mommy. It feels like I'm on fire." At one point, he said to me, "I'm going to die." Trying hard to stay calm, I quickly retorted, "No, you're not. You're a fighter." It was true. Michael is a loving child, but he's also very independent, never one to ask for help.

The trauma unit at Barron stabilized Michael's bleeding; then a Life Link helicopter arrived at twelve forty-five to take him to St. Paul–Ramsey Medical Center, in St. Paul, Minnesota, one hundred miles away, where there are microsurgeons who specialize in reattaching severed limbs. Meanwhile, the rescue squad had arrived at my house, removed Michael's right hand from the irrigator and transported it in the helicopter.

When Mike finally arrived at Barron forty-five minutes later, I had to explain the horrible situation to him. My parents had told him only that Michael was hurt. Oddly enough, we had already lived through a similar nightmare: When Matthew was seven, his foot had been badly crushed in a freak accident; it had to be amputated and replaced with a prosthetic foot. Why was this happening to us again?

Michael was already in surgery when we arrived in St. Paul two hours later. His doctors emerged to tell us that they had attached the left arm and most of the right hand and its arteries, then had to stop in order to stabilize Michael's low blood pressure. They weren't sure whether the surgery on the hand would be successful. Mike and I paced the floors and prayed.

We finally saw Michael at two A.M., about two hours after the surgery. My heart broke at the sight; he didn't look like our little boy. His arms were swathed in bandages, and the anesthesia and trauma had swollen his face terribly.

Early the next morning, unable to sleep, I started keeping a diary in order to vent my feelings. I mostly wrote about my anger. "How could this happen?" I agonized. I recalled that at Michael's birth, the first thing I had asked was whether he had ten fingers and toes. Now I no longer knew the answer.

On Monday, while Michael was undergoing more surgery on his right arm, Mike and I had a special pair of visitors: John Thompson and his mother, Karen, who had come from North Dakota for a doctor's appointment. John, a college freshman, had received national attention three months earlier when he lost both arms in a farm accident and surgeons successfully reattached them.

The Thompsons offered us moral support and lots of hugs. Karen said she knew exactly how I was feeling, which meant a lot to me. Many people had said the same thing, meaning to comfort me, but she was the only one who had actually lived through the experience. She added that accidents happen and that we shouldn't blame ourselves.

Michael was fully conscious when I went in to see him on Tuesday. I said, "I love you, Michael." Though he was on a respirator, he managed to reply, "I love you," and flash the biggest smile I've ever seen. Soon, his brothers and sisters were allowed to visit. We were concerned that Savannah, who's especially close to Michael, would be frightened by the machines, but when we let her look at him through the window in the door, she was simply happy to see her brother.

Michael understood from the start what had happened to him, and he knew medication soothed the worst of the pain, yet he was afraid to look at his injured arms. When we'd help bathe him, he'd say he wanted "those icky things" removed from him. Mike and I assured him that his arms would look normal again before long. Indeed, it looked as though the left arm and right hand were healing nicely.

Then our next crisis hit early on the fourth morning since the accident. I was sleeping in a room near Michael's when his doctor summoned me. The circulation in Michael's hand had decreased, and he needed immediate surgery. Tests they found that a lack of blood flow had irreparably damaged Michael's right hand. It had to be amputated. This was a devastating blow; Michael had been healing so well. Mike and I just sat and cried.

Several days after the operation, when Michael was more conscious, I told him, "Your hand went to heaven, and it will be waiting for you when you get there." He just nodded his

(continued)

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head and seemed to perk up. Still, it was a difficult adjustment for all of us, and it hurt us to see our little boy in so much pain. There was little we could do when, one night, Michael dreamed he was caught in the machinery and woke up screaming.

Michael's fighting spirit sped his recovery; his doctors anticipated that his recovery could take a month or more, but our son was ready to go home in less than four weeks. I know he picked up his positive attitude from his oldest brother. Matthew had adjusted wonderfully to his own prosthesis, and today, you'd never know he had one. Michael has always known that the word "can't" is not in our family's vocabulary. Being handicapped, we've always said, is in your mind, not your body.

As a treat, Michael was allowed to fly back home in the Life Link helicopter with us, and I wept as I saw all the people waiting to greet us at the house—nearly two hundred in all. Michael's kindergarten teacher and classmates cheered and sang for him.

Michael was as excited to be home as his siblings were to have him back. He was also eager to go back to school, so he was allowed to return for one week in June to be with his friends. Now he attends school full-time.

I took over most of Michael's daily care at home, since he couldn't manage fine motor movements, and the other children helped when they could. He dealt with the recuperation as well as can be expected for a young boy; there were times when he would get frustrated and angry over his helplessness, but that was mostly when he was in pain. The doctors had given us medication for him, but he refused to take it unless the pain was excruciating.

Over the summer, when Michael's stump had healed sufficiently, he was fitted with a hook. Michael is right-handed, and we were concerned that he wouldn't be able to adjust. But as I've said, our Michael is a fighter. He became adept at manipulating the hook almost immediately. When he's about ten, he'll be fitted for a plastic myoelectric prosthesis, which looks like a real hand. It contains sensors that pick up the electricity from the user's body to trigger the fingers to move.

We still help Michael with physical therapy at home twice a day, mainly to keep his left hand limber, and he sees a physical therapist at Barron twice a week. He has some finger and wrist movement in his left hand, though doctors aren't sure how much mobility he'll have when he's older.

Mike and I don't blame ourselves. As Karen Thompson said, accidents do happen. I'm simply thankful that Michael is alive—and that I was able to help save him.

But the crisis has made us realize, more than ever, how precious our children are, and how we as parents must work to protect them. Farm parents, who rely on their children's help to keep their business going, tend to entrust them with chores that are beyond their mental and physical abilities.

I'm working to prevent similar tragedies from happening in our community. A few months after Michael's accident, I began speaking to local groups. Last September, we were the host family for a walkathon to raise money f safety programs. We're also in t cess of setting up a family da where families can learn together o prevent accidents. I never imagi become a public speaker, but I therapeutic to talk about our story

Michael, now seven, has his o tle message that he asks me t when I give speeches: "Please st from machines. They can rip yo and legs off. Don't learn the ha like I did."

DANGER ON THE FARM

Unfortunately, Michael Conoboy's story is not unique. Farms are one of most hazardous work sites for both adults and children: No one knows t exact toll, but about 300 children in the U.S. are killed each year in farm accidents, and at least 23,500 more are seriously injured.

Many factors contribute to this problem: parents' desire to train their c early on in the family business; lack of federal regulations; increased mechanization; farmers' failure to use the safety guards or shields on mac financial stress, and a lack of child care.

But perhaps the greatest problem of all is the prevailing attitude that childr capable of handling adult tasks. Farm kids need no training or license to op equipment on their family's property. And there is no minimum work age: According to a 1989 survey of 421 farm families by *Successful Farming* ma 65 percent of ten- to twelve-year-old boys were allowed to operate a tractor

However, this is beginning to change. The education efforts of coopera extension agencies nationwide have been expanded or reinforced by the of hospitals and county departments of health. And for more than five ye national organization called Farm Safety 4 Just Kids has been enlightenin farm families by taking its message to schools, 4-H and Future Farmers o America groups, as well as to agricultural conferences.

The group was formed by Marilyn Adams, an Earlham, Iowa, mother w eleven-year-old son died in 1986 when he fell into a grain wagon and suffocated. "It's not that parents don't care, and it's not neglect that caus problem," says Adams. "It's the circumstances of our everyday lifestyle, a fact that we don't recognize the hazards."

For more information on the organization, write to: Farm Safety 4 Just P.O. Box 458, Earlham, IA 50072. —CHER

Helping a victim

You should know what to do if someone in your family, like Dixie Conoboy's, is seriously injured. Here, some essential guidelines fr the American National Red Cross:

- Have someone call for emergency help while you give first aid. Tell hi stay on the line until the dispatcher hangs up.
- Stop bleeding by applying direct pressure to the wound with gauze pa a clean cloth. Do not apply a tourniquet. Elevate a bleeding limb above h level. If necessary, apply pressure to the femoral artery (near the groin) o brachial artery (in the fleshy area near the armpit).
- Learn cardiopulmonary resuscitation (CPR)—it could save a life. Cont your local chapter of the American National Red Cross.
- If you suspect a broken bone, splint it with magazines or pillows and t with cloth or gauze, anchoring the splint above and below the injury. If t appears to be a neck or back injury, do not move the victim.
- If a limb, finger or toe has been severed, wrap the body part in sterile or clean towels, put it in a plastic bag and place the bag in a container o but don't put ice directly on exposed skin.



Maybelline, Inc.


All make-up on model from the Revitalizing Collection: *Soft Beige* Foundation, *Light* Powder, *Sandalwood* Blush, *Fiery Bronze* Lipstick and *Beaujolais* Shadow. Also pictured: *Roseberry* Blush, *Light* Powder and Concealer and *Creamy Natural* Foundation
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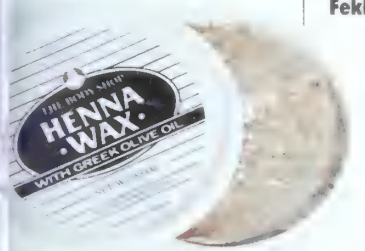

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Styles may vary by store.

The summer-perfect haircut, the latest on lipgloss and more

EDITOR'S PICK OF THE MONTH

"**Henna Wax** with Greek olive oil from The Body Shop makes brittle, damaged hair feel like silk. The package instructions suggest that you leave it on hair for a half hour, twice a week. I really slather it on, wrap my hair in plastic wrap and let it sink in for about an hour before shampooing. I've found that for my dry, curly hair, doubling the suggested leave-in time works best. I use about a third of a tub per treatment (8.8 oz. for $8.90), and I use it every other week. Since I use a regular conditioner daily, I don't need the Henna Wax twice a week. It's magic." To order, call 800-541-2535.

—LOIS JOY JOHNSON





Homage to AUDREY

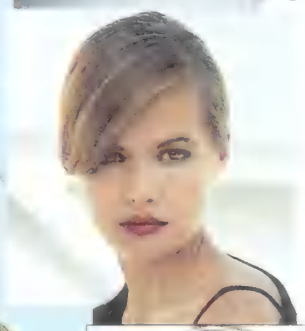
AUDREY HEPBURN HAD A STYLE THAT WAS UNIQUE. SHE MADE THE GAMINE LOOK FAMOUS WITH HER LITHE, BOYISH FIGURE, WIDE-EYED PIXIE FACE, AND ESPECIALLY HER CLOSE-CROPPED HAIR. AUDREY FIRST SHOWED OFF HER SHORT CUT WITH A FRINGE OF BANGS IN 1954 WHEN SHE STARRED IN *SABRINA*. TODAY THE GAMINE CUT IS ALL THE RAGE AGAIN AS TOP MODELS SPORT MODERN VARIATIONS OF AUDREY'S CLASSIC STYLE.

TAKE A SHORT CUT Why the sudden switch to short à la Audrey? According to Carmine Minardi, of the Minardi Minardi salon in New York City, women are frustrated with the amount of time it takes to maintain cuts that are bob-length and longer and are looking for a style they can just shampoo, towel dry, gel and go.

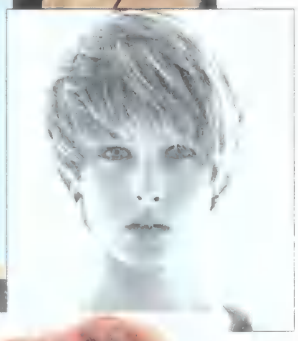
GAMINE TODAY The short, layered cut has a bit of length at the nape and sides (wispy soft pieces) with lots of softness surrounding the face. There's a bit of lift on top of the head but no poufiness. The bangs can be cut short (1 1/2 to 2 inches) or left a little long (2 to 4 inches) so they can be pushed to the side with a bit of gel. The look gets glamorous at night when short bangs are slicked back with gel and longer bangs are parted to the side and set on three small Velcro rollers for a sexy wave across the eye.

THIS STYLE SUITS . . . many women, but it looks particularly good on petite or small-framed women who have average-size features and good bone structure, especially a strong jawline. Keep in mind, though, that the cut accentuates the shape of the head, so a nicely shaped head is a must. According to Etienne Taenaka, manager for Vidal Sassoon, NYC, "Any cut can be tailored to any woman as long as she is self-confident enough to carry it off."



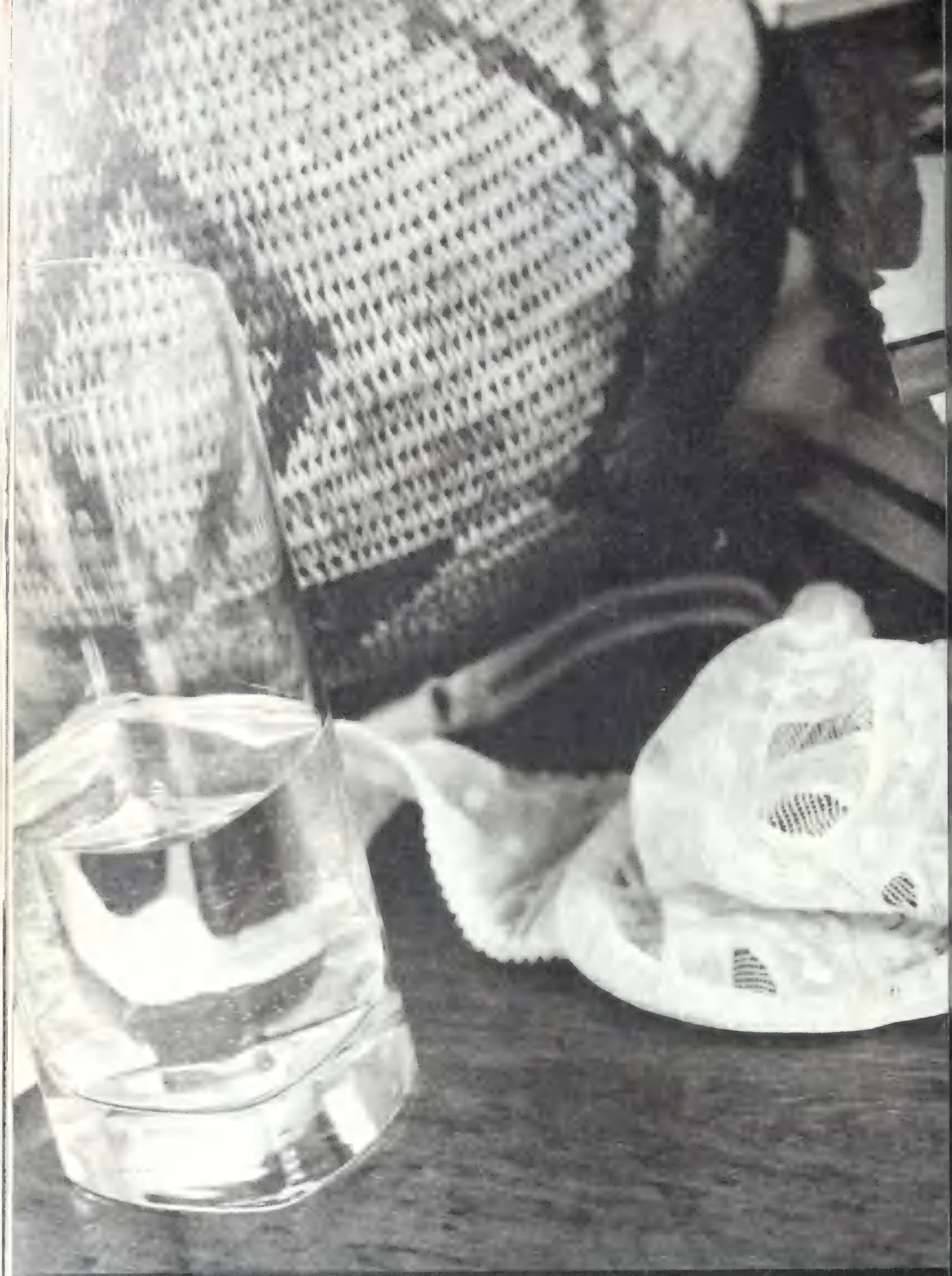




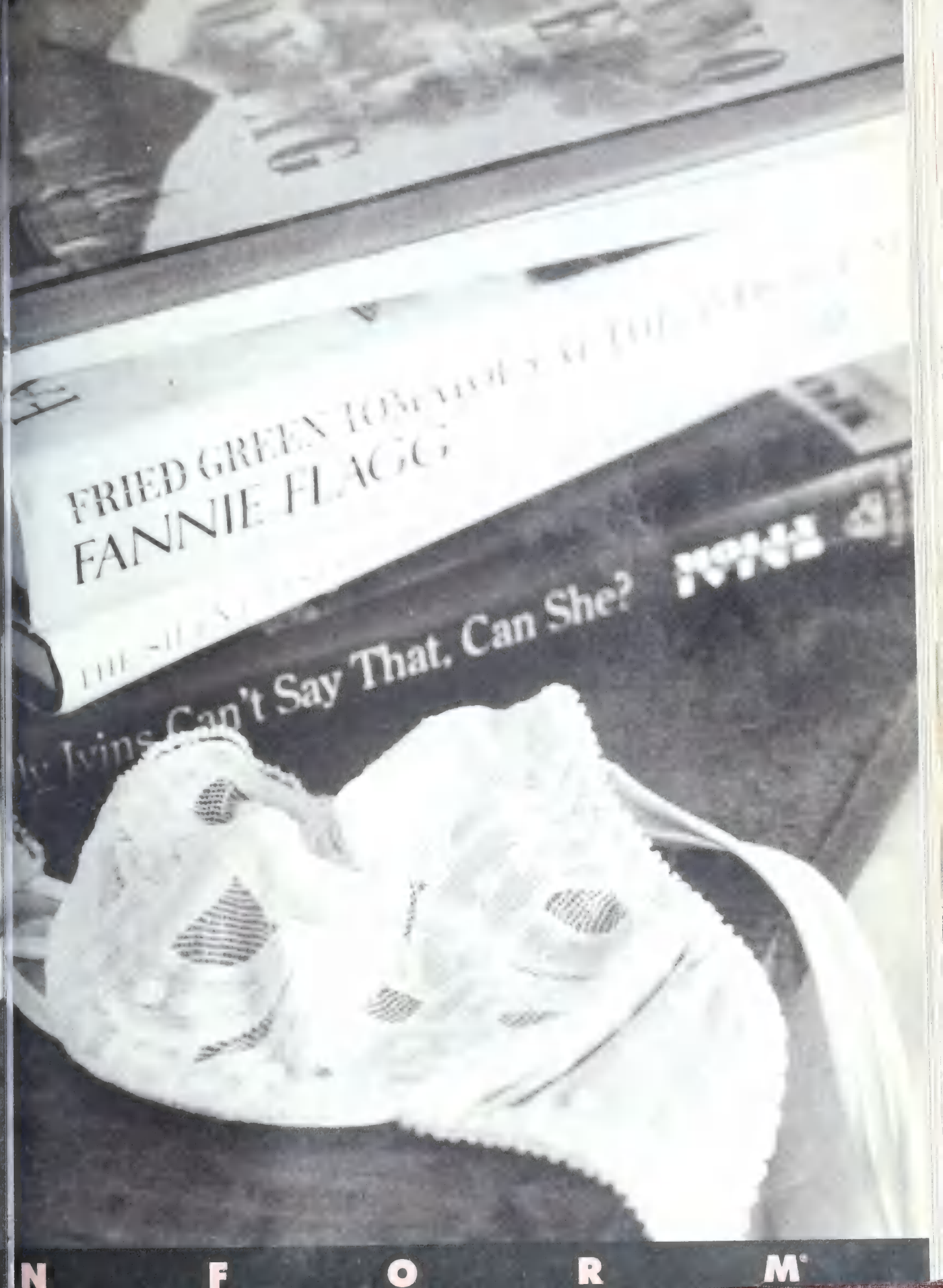




Salon versions of the nineties gamine, clockwise from left of second row: Vidal Sassoon, NYC, Bruno Pittini, NYC, Frederic Fekkai, NYC, Minardi Minardi, NYC, Carter Barnes Hair Artisans, Atlanta



M A I D E


FRIED GREEN
FANNIE FLAGG
Can't Say That, Can She?
NEOPOST



Clockwise from top left: Marla in the hospital after her first surgery; Marla after her first scars healed; Marla today

Remodeling MARLA

In 1986, New York model Marla Hanson's face was brutally slashed with a razor by two thugs who were hired by Marla's jealous former landlord (he wanted to get better acquainted; she didn't). She was rushed to the hospital with wounds up to an inch deep that required one hundred fifty stitches. Marla healed and has become an advocate for victims' rights. Now she has been operated on by Richard A. Marfuggi, M.D., F.A.C.S., an expert in scar surgery. "After six years of being defined by my scar, I wanted to get rid of it," Marla told LHJ.

STEPS TO SCAR REMOVAL Marfuggi's goal was to make Marla's scar look as inconspicuous as possible—it's impossible to erase it completely. Marfuggi performed the surgery in two stages: First he removed the wide, outer part of the scar near the skin's surface and reclosed the skin for a finer suture. He also used some of the scar tissue to build up the depressed area in the skin. The scar line is now thinner and more flush with the face. Then he attempted to alter the direction of the scar so it wasn't such a straight line across Marla's face. When she smiled, the side of her face would pull (like a curtain being drawn to the side). Marfuggi made the scar more wavy so Marla's smile would look more natural.

FACING THE FUTURE "I was very excited to see what my face looked like when the bandages were removed," Marla told us. "I think the change is dramatic—the scar depression isn't as deep anymore. I hope that the scar will fade even more—I'm confident it will because it takes six months to completely heal."

THE BIG COVERUP According to Joan Zandell, makeup artist and designer for ABC-TV, scars can be covered quite effectively with makeup. **1.** Since new scars tend to be very red or purple, the makeup must be an extremely dense matte cream formula to hide them completely. Zandell recommends Dermablend coverup, available in eleven shades (800-631-2158). Blend a yellow-toned shade with a neutral beige shade for the best camouflage. **2.** The cream should be applied with a fine-tipped brush right on the scar, then blended out with your fingertips. **3.** Set the makeup and cut down shine with powder—use a puff to dust it on gently.



FASHION FIND OF THE MONTH

One major element of style this season is sheer clothing. Though the look is not for everyone, don't shy away because you think it's too revealing. The way to make these gossamer items wearable is with a bodystocking. It's one piece from bosom to toe, and it lets you wear the fashionable see-through styles with ease. We love the Bodystocking from Hue, available in ivory and black, for $18. At better department stores and specialty shops nationwide.





FOR WOMEN WHO GO THE DISTANCE, WE GO THE EXTRA MILE. Why would we work so hard to improve an anti-perspirant when women using it seem so content? Because we had a good idea. *New Dry Idea® with a time-release formula* is based on new technology that gives you extra deodorant protection that won't fade away. In plain talk, it means now you can count on us to keep working day and night. Is there anything better than new time-released Dry Idea? Well, when we discover it, we'll be sure to let you know.

DRY IDEA

WORKING TO KEEP UP WITH WOMEN

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Taking a shine to LIPGLOSS

Just like the return of bell-bottoms and fake lashes, lipgloss is back—just in time for summer. And the current mode of softer clothing and makeup is, in fact, an ideal backdrop for barely-there glosses. The best new slickers come in lipstick or wand formulas—no more gooey little pots to dip into—and are worn with a natural-toned tawny lipliner to keep lip shape defined and prevent gloss from smearing. The shades to look for are sheer plum-brown earth tones (see first five glosses listed below) and clear, honey-colored naturals (last three glosses). The wand glosses have tiny felt-tip applicators that make them a snap to apply. The formula is thick, for very shiny lips. The traditional twist-up tubes offer a sheerer deposit of color.

GLOSSES FROM TOP

Clinique Almost Lipstick in Black Honey ($12.50)
Origins Lip Gloss in Blackberry ($8.50)
Shiseido Lip Gloss in Blackberry ($14)
Yves Saint Laurent Sheer Conditioning Lipstick #6, Cyclamen ($20)
Estée Lauder Just A Kiss High Performance Lipshine in Cassis ($12)
Elizabeth Arden Luxury Lip Gloss in Clear ($12)
Christian Dior Lip Gloss in Natural ($16.50)
Cover Girl LipSlicks LipGloss in Hint of Coral ($3.50)

"Where's my skirt?" and other fashion faux pas



EVERYONE WE KNOW HAS EXPERIENCED A FASHION DISASTER. WE TALKED TO DOZENS OF WOMEN ABOUT THEIR WORST FASHION DAYS. HERE, THE MOST MEMORABLE STORIES

"I was wearing a lightweight, short pleated skirt to meet a friend for lunch. When I reached back to smooth my skirt down before sitting, it wasn't there. I had accidentally tucked my skirt into my pantyhose and walked through the restaurant like that! I discreetly untucked it and hoped not too many people noticed." —***Kristine, Los Angeles***

"On a flight to Chicago for a business meeting, I headed for the ladies' room. When I reached to resnap my bodysuit, I realized that the bottom section was soaking wet—it had fallen into the toilet! I rinsed it out, squeezed it with paper towels and went back to my seat. I felt like I was wearing a wet diaper. Bodysuits may look great, but they're tricky to maneuver, especially in a tiny bathroom." —***Julie, Philadelphia***

"I gave a speech, and as I was walking from the podium I noticed that the buttons on my jacket sleeves were covered in foil. I forgot to remove it after the jacket was dry-cleaned. How embarrassing!" —***Susan, Boston***

"I was walking down Fifth Avenue through the lunch-hour crowds when I felt something slide down my legs. To my horror, there was my slip around my ankles. I bent down and shoved it into my bag. Thankfully, no one appeared to notice: Maybe they were just being gracious." —***Mary, New York City***

"I was dressing for an interview and chose a skirt and blouse, no jacket. I put on an ivory silk blouse that was in the back of my closet, and I made sure to shine my shoes. After the interview I passed by a mirror and noticed a huge tea-colored stain on the side of my blouse. Ever since then I check *everything* I'm wearing—and I always bring a jacket, just in case!" —***Lisa, Atlanta***

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Model wearing Taupe Halyard. Also shown: Plaid Spinnaker, Beige Wayfarer and Lagoon Halyard. All priced under $40.



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How To Save The Planet And The Picnic At The Same Time.

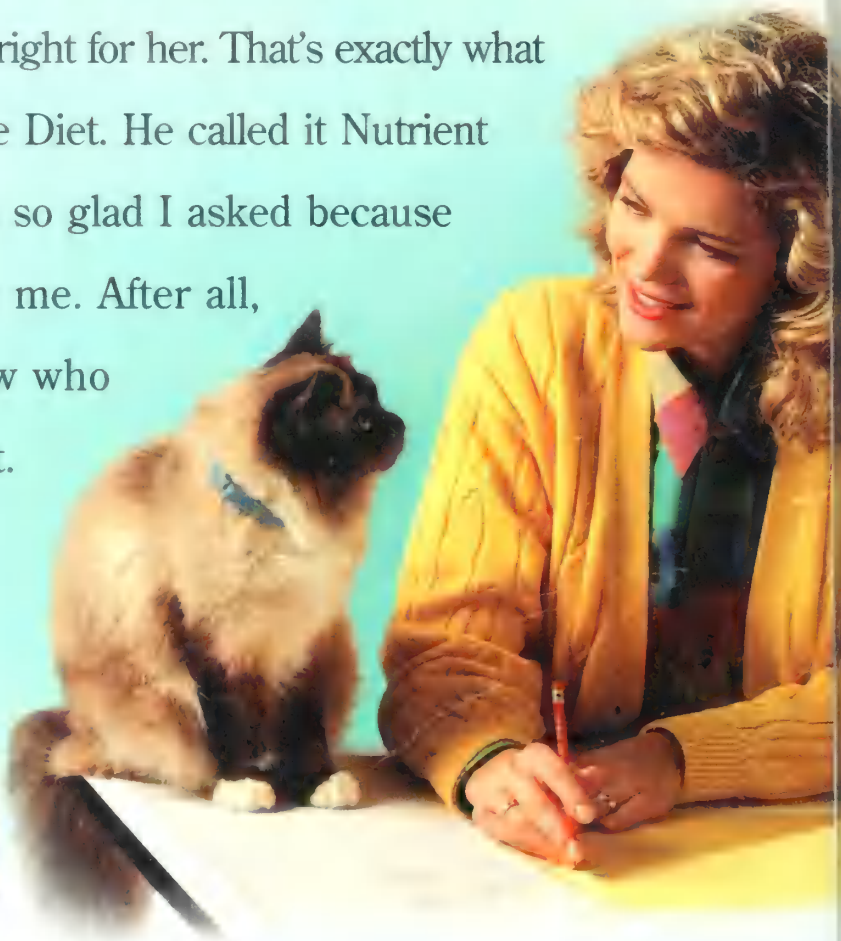
It's simple. Just look for something that helps your picnic while it helps your favorite planet. • In other words, take a look at plastic. • Surprised? You shouldn't be. You know how plastic keeps food fresh and locks in flavor. Your refrigerator is probably full of plastic right now. • But what does plastic do for the earth? A whole lot of good. Plastic geotextile fabrics literally help save the earth by protecting beachfront land from erosion and encouraging plant growth. • Look how plastic saves water. Plastic liners keep water from leaking out of old water mains. And plastic mulch helps retain moisture in the soil, so farmers grow more crops with less water. • Look how plastic saves energy. Many kinds of plastic packages take less energy to make than packages made of some other materials. And wrapping fruits and vegetables in plastic reduces spoilage in transportation and storage. • But if you think plastic isn't being recycled, take another look. Over 630 *million* pounds of plastic packaging was recycled last year, and that number will keep growing. To make everything from new plastic bottles to plastic "lumber" for picnic tables. • To learn all the good things plastic is doing for the earth, just call 1-800-777-9500 Ext. 50, and the American Plastics Council will send you a free booklet. • And the next time you use plastic packaging for a picnic, just think. You're helping to save something a whole lot more important than just your lunch.

American Plastics Council

TAKE ANOTHER LOOK AT PLASTIC.

I admit it. I talk to my cat. And I don't mean just talk. I mean TALK. Real meaningful

conversation. In fact, more satisfying conversation than I have with most people. Naturally, I want to do everything I can to keep Cleo her healthy best. So, I asked my veterinarian what food he recommends. Without skipping a beat, he said, "Hill's® Science Diet.®" He said just as I have to eat a proper balance of foods to keep healthy, Cleo has to have a balance that's right for her. That's exactly what she gets with Hill's Science Diet. He called it Nutrient Precision.™ I like that. I'm so glad I asked because Cleo is very important to me. After all, she's the only one I know who can actually keep a secret.



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CNN,
THE WORLD'S NEWS LEADER, AND LADIES' HOME JOURNAL PRESENT UP-TO-THE-MINUTE FACTS AND FINDINGS ABOUT THE WORLD TODAY

Safeguard your golden years

A little-known government form lets you check how much money you'll be getting from Social Security upon retirement—and examine the government's records on you. There are two reasons to do this: If your Social Security number, wages or FICA withholding are reported inaccurately, you won't get the funds you're due when you retire—so it's good to check every few years and report any mistakes. The statement you receive will also provide a realistic post-retirement picture, so you can plan any long-term investments you may need. To apply for a Personal Earnings and Benefit Estimate Statement (PEBES), call Social Security at 800-772-1213 and ask for form 7004. —STUART VARNEY, *YOUR MONEY WITH STUART VARNEY*

Chicken-pox scare

For most kids, getting chicken pox is just an itchy rite of passage; but for children with asthma, the virus can be deadly. Corticosteroids, commonly prescribed to treat asthma, come with a warning that they can reduce the ability to fight infection. Yet until now, the labels have not mentioned any risk related to chicken pox. Rebecca Cole lost her twelve-year-old son to chicken pox when the medication caused his virus to rage out of control. Thanks to Cole's lobbying efforts, these prescription labels now clearly state this danger, and the FDA is considering a vaccine likely to be reserved for children at risk for chicken-pox complications. —DAN RUTZ, *HEALTHWORKS*

Family leave's fine print

Most Americans were thrilled by the recent passage of the family-leave law—which allows workers twelve weeks of unpaid leave when they or a family member have a serious medical condition. But many don't realize that the law, effective in August, doesn't apply to companies with less than fifty employees. Such firms employ fully 60 percent of the country's workers. Also, the highest-paid 10 percent of a company's employees can be denied leave, depending on how crucial they are to business operations. But experts stress that while the law's not perfect, it's a step in the right direction.

QUOTE OF THE MONTH

My mother didn't have friends, my mother had worshipers and congregations. . . . She was probably a consummate actress in life more than she was on the screen. It was confusing to people who loved her, because she was everything they ever dreamed of. She became what they always wanted. . . . [Alcoholism was responsible for] the degradation of those lost years [at the end of her life] . . . the loneliness—destroying herself with that discipline that had been used to create this illusion, this wonderful legend. —MARIA RIVA, MARLENE DIETRICH'S DAUGHTER, DISCUSSING THE BOOK SHE WROTE ABOUT HER MOTHER, APPEARING ON CNN'S *SHOWBIZ TODAY*

Hat happy

Hats are making a big comeback this spring, but with a few nineties twists. The packable, crushable, malleable hat is in—whether it's crocheted or open weave, soutache (braided embroidery), straw or a bright beret. "Comfort is key," says New York milliner Patricia Underwood. "And manipulating the shape to suit your face gives versatility to the hats you own." —ELSA KLENSCH, *STYLE WITH ELSA KLENSCH*

Insurance for all

An estimated three million disabled Americans have no health insurance, and millions more lack adequate coverage, according to a report by the National Council on Disability. And, compared with 77 percent of the general population, only 60 percent of disabled people have private insurance. Why? Insurance companies often charge unaffordable rates for people with physical disabilities, or refuse to cover them at all. The report blames the private-insurance system and calls for a major overhaul that would provide reasonably priced coverage for every American. While the insurance industry is in favor of universal coverage, they object to the report's suggestions for limiting insurance costs. —JEFF LEVINE, *HEALTHWORKS*

Watch CNN's ***HealthWorks*** for the week's top medical news (Saturday, 9 A.M., 2 P.M. E.T.), and ***Your Money with Stuart Varney*** for personal finance (Saturday, 3:30 P.M., Sunday, 9:30 A.M. E.T.).

DANA DELANY: From Vietnam to L.A.



Since *China Beach* went off the air two years ago, Dana Delany, who played nurse Colleen McMurphy, says she's turned down "about one TV movie a week." It took a special project to lure her back to the small screen. *Wild Palms*, a six-hour "limited series" with Oliver Stone as executive producer (airing in May on ABC). Set in the not-too-distant future, the mystery/soap opera takes a decidedly offbeat look at L.A.—and a new technology that turns the city upside down.

The series has been compared to *Twin Peaks*—mostly because it's so bizarre. "Yeah, it's different," Delany, who plays the wife of the show's hero, says with a laugh. "I guess it won't be for everyone, but I think it'll have a strong following."

Delany should know about strong followings—her role on *China Beach* earned her thousands of fans. "I still get tons of letters on it," she says, "and I have this sort of extended family I belong to now."

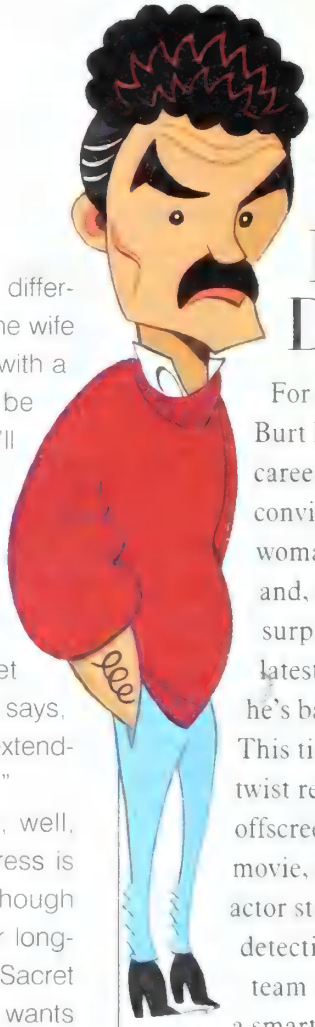
As for her own family, well, the thirty-six-year-old actress is working on that, too. Although she recently split with her longtime love, producer John Sacret Young, Delany says she wants marriage and kids "sometime in the next few years." (She has a new boyfriend.)

These days, however, when Delany's not in front of the camera (her next project, *Donato and Daughter*, with Charles Bronson, airs on CBS this fall), she's working behind it—as a producer on two TV movies for ABC. "I think of producing as throwing a good party," she explains wryly, "and I just *love* throwing parties!"

—MELANIE BERGER



Dana Delany (center) with the cast of *Wild Palms* (from left): Nick Mancuso, Angie Dickinson, Bebe Neuwirth, James Belushi, Kim Cattrall and Robert Loggia



BURT REYNOLDS Dashing Dad

For nearly forty years, Burt Reynolds has made a career out of macho roles: convicts, race-car drivers, womanizers, football stars and, often, cops. No surprise, then, that in his latest movie, *Cop and a Half*, he's back as a boy in blue. This time, though, there's a twist reflecting his newest offscreen role: father. In the movie, the fifty-seven-year-old actor stars as a burned-out detective who's forced to team up with—and parent—a smart-mouthed but lovable young boy. And on the top-rated sitcom *Evening Shade*, he's won an Emmy for his portrayal of family-man Wood Newton.

In real life, Reynolds has been playing papa for only a few years: He and wife Loni Anderson adopted their four-year-old son, Quinton, in 1988. Reynolds had long wanted children—during his bachelor days, he even entertained thoughts of adopting a child on his own. "I had heard all those things about fatherhood," he said recently. "But it's greater than I ever expected. I had no idea Quinton would steal my heart the way he did. . . . Everyone

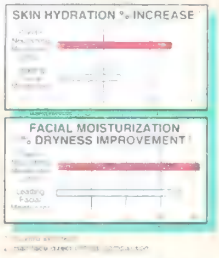
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continued] tells me I have become much mellower, and they're right."

Well, perhaps partly right. Lately, Reynolds has been forced to deny rumors of discord on the set of *Evening Shade*, thanks to several heated arguments between him and series producer (and friend of Bill) Linda Bloodworth-Thomason. Even in middle age, the tough-guy actor says he still takes too many risks (like driving his car at high speeds), a habit he developed as a young boy in order to get attention from his own father. "He never mistreated me," says Reynolds of his ninety-one-year-old dad, "but he came from pioneer stock, men who weren't very good at 'I love you.' "



In his new movie *Cop and a Half*, Burt is a father figure to his young co-star, Norman Golden II

That's one tradition Reynolds does not plan on passing along to Quinton, with whom he says he regularly shares the sports pages, "lots of good-night kisses" and plenty of "I love yous."

—JACQUELINE SAVAIANO

BILLY RAY'S biggest fan

When country singer Billy Ray Cyrus became an overnight star last year after his single "Achy Breaky Heart" sold two million copies, plenty of folks were surprised by his sudden success. But not his mom. "When Billy Ray was a boy growing up in Flatwoods, Kentucky, he was surrounded by music," remembers Ruth Ann Adkins. "I played the piano, and his dad had a gospel quartet. Billy Ray liked it, but he really started *loving* music when he was in junior high school. I think that's partly because we finally moved the piano out of his bedroom and he didn't have to hear it *constantly*!"

At twenty, Billy Ray dropped out of college and later sold cars for a living. But music was still his passion. He formed a band, Sly Dog, and, says Ruth Ann, "turned the house into a concert hall. Sometimes he asked me to jam with him, and we had a ball."

She's still having a ball—and so is her son, whose fame doesn't seem to have affected his down-home attitude. The thirty-one-year-old superstar attributes his solid values and positive outlook to—surprise!—his mother.

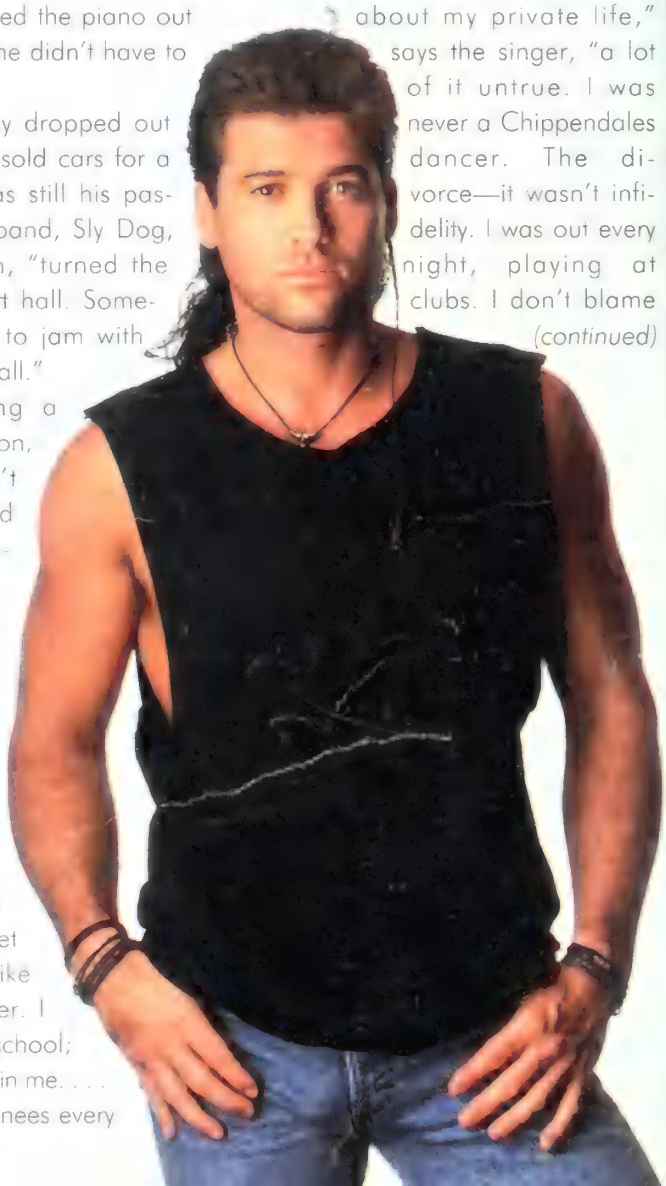
"When I was growin' up," he says with a shy grin, "I was this ugly-duckling, big-eared, quiet kid who didn't feel like he had much to offer. I wasn't interested in school; girls weren't interested in me. . . . I'd get down on my knees every night and pray I'd find my place in the world. But my mom would *always* build me up, encourage me to try this or that, tell me I had a lot to offer.

"Even now," he says, "when the tabloids write stuff about me, I kinda roll with it. *She* gets mad and sulks."

Ruth Ann's had a lot to sulk about: reports that infidelity broke up her son's marriage of five years, that he's had two paternity claims brought against him, that he was a Chippendales dancer, and that he had a romance with Dolly Parton.

"They've killed a lot of trees writin' about my private life," says the singer, "a lot of it untrue. I was never a Chippendales dancer. The divorce—it wasn't infidelity. I was out every night, playing at clubs. I don't blame

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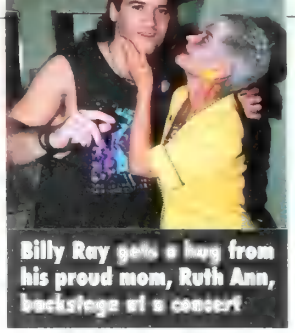
continued Cindy for not wanting [illegible] of life. But she and I are on [illegible] terms." As for Dolly Parton, who asked him to appear in her new video, "Romeo"—he says, "She's real nice, but that's all. Man, I've barely got time to sleep as it is!"

One thing Billy Ray has admitted to is fathering a child out of wedlock, the result of a relationship he had after his divorce. His son, Christopher Cody Cyrus, was born April 8, 1992.

"I love him very much," says Billy Ray. "I'm supporting him and his mother so they can live very comfortably." What about rumors that Christopher has a sibling or two? "If I've created other situations, then I'll take care of them. That's the way I've always been."

Ruth Ann concurs. "I'm proud of my son, because he never runs from his responsibilities. It's always been our belief that you don't measure a person by how they hold up in good times, but in bad. And Billy Ray has held up under all kinds of stress. When he sings about an 'Achy Breaky Heart,' he knows what he's singin' about!"

—JEFF ROVIN



Billy Ray gets a hug from his proud mom, Ruth Ann, backstage at a concert



CHEAP tricks

In the scaled-back nineties, tightwads are in, and over the past two years, about twenty-five "cheapskate" newsletters have sprung up with one common goal: to take the art of penny-pinching to new heights. So make yourself a cup of tea (with a used tea bag, of course), sit down and take a look at LHJ's guide to the best of these tightfisted tip sheets. By Lauren David Peden

	LIVING CHEAP NEWS By Larry Roth	THE TIGHTWAD GAZETTE By Amy Dacyczyn	THE PENNY PINCHER By Jackie Iglehart	SKINFLINT NEWS By Melodie & Ron Moore
COSTS:	$12/ten issues (P.O. Box 700058, San Jose, CA 95170; 408-257-1680)	$12/twelve issues (R.R. 1, Box 3570, Leeds, ME 04263; 207-524-7962)	$9.95/twelve issues (1460 Noell Blvd., Palm Harbor, FL 34683-5639; 813-785-7759)	$12/twelve issues (P.O. Box 809, Kings Park, NY 11754; 516-724-1868)
CIRCULATION:	1,800	75,000 to 80,000	40,000	5,000
BEGAN PINCHING PENNIES BECAUSE:	"[We've] always been fairly frugal. It just seems sensible to make your dollars go as far as possible."	"We got married and realized we didn't have enough income for everything we wanted."	"Both of us came from very thrifty families."	"When my husband's company restructured, our income went down to $20,000 overnight."
FAVORITE TIP:	"Never buy new when used will do."	"Figuring out what my hourly wage would be if I did these things—like washing aluminum foil—for a living."	"There's a program by pharmaceutical companies to give free prescriptions to people without insurance."	"I checked our insurance policies—we were insured for things we didn't even own! We saved $1,200 a year."
LEAST FAVORITE TIP:	"Keeping track of everything I spend."	"I don't do coupons. I think they're overrated."	"I think recycling is kind of a pain."	"Not eating out."
CRAZIEST TIP:	Cut your grass with a machete rather than a lawn mower.	Put leftovers into a container and freeze. When it's full, cross your fingers and thaw.	Make a hot-oil treatment: Put vegetable oil on your hair, cover with a plastic grocery bag; let oil soak in.	Make "snow cream": Put clean snow in a pot with milk, sugar and vanilla. Stir and eat!
ANNUAL INCOME:	"About $80,000. I put quite a bit into savings."	"Mid-six figures. Some are critical that I have a good income now."	"Mid-six figures. I'd say we have a comfortable life."	"About $118,000. We skimp just to make ends meet."
INVESTS IN:	Bonds	Savings accounts, CDs and mutual funds	HH bonds and 401K programs	Stocks, paying off mortgage early
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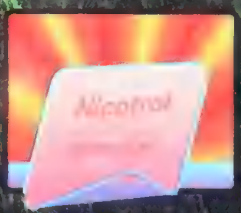
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NICOTROL
(NICOTINE TRANSDERMAL SYSTEM)
Systemic delivery of 15 mg/day over 16 hours

You should stop smoking completely before using NICOTROL. Do not smoke or use other nicotine-containing products while under treatment with NICOTROL. Because this product, like cigarettes, contains nicotine, you should discuss with your doctor other ways to quit smoking if you are pregnant or nursing (nicotine can harm your baby) or if you have cardiovascular disease. If you are taking any prescription medications or are under a doctor's care for any condition, you should discuss with your doctor the potential risks of using this product. There may be other risks associated with the use of this product. Do not use this product for more than 5 continuous months.

Please see adjacent page for additional important information.

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From Parke-Davis as part of a comprehensive behavioral smoking cessation program

NICOTROL®

(NICOTINE TRANSDERMAL SYSTEM)

Systemic delivery of 15mg/day over 16 hours

Dosing and administration

Apply one NICOTROL patch upon awakening and remove at bedtime

Dose	Duration
Start: NICOTROL® 15 mg/day	4-12 weeks
Step-down: 10 mg/day	2-4 weeks
Step-down: 5 mg/day	2-4 weeks

For more information, call 1-800-284-8118

Nicotrol® (nicotine transdermal system)

Systemic delivery of 15, 10, or 5 mg/day over 16 hours. Before prescribing, please see full prescribing information.

Brief Summary follows. INDICATIONS AND USAGE Nicotrol systems, applied while patients are awake, are indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Nicotrol therapy is recommended for use as part of a comprehensive behavioral smoking cessation program. The use of Nicotrol systems beyond 5 months has not been studied. **CONTRAINDICATIONS** Use of Nicotrol systems is contraindicated in patients with known hypersensitivity or allergy to nicotine or to any component of Nicotrol transdermal systems. **WARNINGS** Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, emphysema, and may adversely affect the fetus and the pregnant woman. For any smoker, with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking cessation program should be weighed against the hazard of continued smoking while using Nicotrol systems and the likelihood of achieving cessation of smoking without nicotine replacement. **Pregnancy, Warning** – Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that Nicotrol systems can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by Nicotrol systems has not been examined in pregnancy (see PRECAUTIONS). Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If Nicotrol therapy is used during pregnancy, or if the patient becomes pregnant while using Nicotrol systems, the patient should be apprised of the potential hazard to the fetus. **Safety Note Concerning Children** – The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if a Nicotrol system is applied or ingested by children or pets. Used 15 mg/day systems contain about 40% (10 mg) of its initial drug content. Therefore, patients should be cautioned to keep both the used and unused Nicotrol systems out of the reach of children and pets. **PRECAUTIONS** The patient should be urged to stop smoking completely when initiating Nicotrol therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using Nicotrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the treatment should be discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions). Use of Nicotrol systems beyond 5 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting. **Allergic Reactions** – In a 3-week open-label dermal irritation and sensitization study of Nicotrol systems applied 23 hours per day, 3 of 215 patients (1.4%) exhibited definite erythema at 24 hours after application. Upon rechallenge, none of the subjects exhibited any contact allergy. In the efficacy trials erythema following system removal was typically seen in 7% of patients, edema was seen in 3%, and dropouts due to skin reactions were reported in 1% of patients. Severe skin reactions were not observed in either of the trials. Patients who exhibit contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking. Patients should be instructed to discontinue promptly the use of Nicotrol systems and contact their physicians in the case of severe or persistent local skin reactions at the site of application (eg, severe erythema, pruritus, or edema) or a generalized skin reaction (eg, urticaria, hives, or generalized rashes). **Skin Disease** – The Nicotrol system is usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (psoriasis, atopic or eczematous dermatitis). **Cardiovascular or Peripheral Vascular Diseases** – The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed. Tachycardia occurring in association with the use of Nicotrol therapy was reported occasionally. If serious cardiovascular symptoms occur with the use of Nicotrol systems, the therapy should be discontinued. Nicotrol therapy should generally not be used in patients during the immediate post-myocardial infarction period or in patients with serious arrhythmias or with severe or worsening angina pectoris. **Renal or Hepatic Insufficiency** – The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (see Pharmacokinetics in full prescribing information). **Endocrine Diseases** – Nicotrol therapy should be used with caution in patients with hyperthyroidism, pheochromocytoma, or insulin-dependent diabetes, since nicotine causes the release of catecholamines by the adrenal medulla. **Peptic Ulcer Disease** – Nicotine delays healing in peptic ulcer disease; therefore, Nicotrol therapy should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks. **Accelerated Hypertension** – Nicotine therapy constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, Nicotrol therapy should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks. **Information for Patient** – A patient instruction sheet is included in the package of Nicotrol systems dispensed to the patient. It contains important information and instructions on how to use and dispose of Nicotrol systems properly. Patients should be encouraged to ask questions of the physician and pharmacist. Patients must be advised to keep both used and unused systems out of the reach of children and pets. **Drug Interactions** – Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	Possible Mechanism
Acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation
Insulin	Increase of subcutaneous insulin absorption with smoking cessation
Adrenergic antagonists (eg, prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation

May Require an Increase in Dose at Cessation of Smoking	Possible Mechanism
Adrenergic agonists (eg, isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation

Carcinogenesis, Mutagenesis, Impairment of Fertility – Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidences of tumors in the cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with tumor-initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats. Neither nicotine nor cotinine were mutagenic in the Ames *Salmonella* test. Nicotine induced reparable DNA damage in an *E. coli* test system. Nicotine was shown to be genotoxic in a test system using Chinese hamster ovary cells. In rats and rabbits, implantation can be delayed or inhibited by a reduction in DNA synthesis that appears to be caused by nicotine. Studies have shown a decrease in litter size in rats treated with nicotine during gestation. **PREGNANCY** – Pregnancy Category D (see WARNINGS section). The harmful effects of cigarette smoking on maternal and fetal health are clearly established. These include low birth weight, an increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of Nicotrol therapy on fetal development are unknown. Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. Spontaneous abortion during nicotine replacement therapy has been reported, as with smoking, nicotine as a contributing factor cannot be excluded. Nicotrol systems should be used during pregnancy only if the likelihood of smoking cessation outweighs the potential risk of using Nicotrol systems by the pregnant patient, who might continue to smoke. **Teratogenicity** – *Animal Studies.* Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg/day SC). *Human Studies.* Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans. **Other Effects** – *Animal Studies.* A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, and hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking one cigarette in 5 minutes). Fetal breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 µg/kg/min nicotine to pregnant rhesus monkeys (equivalent to smoking about six cigarettes every minute for 20 minutes). *Human Experience.* Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low birth weight infants, and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effects of cigarette smoking on maternal cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate and decreased uterine blood flow and fetal breathing movements. Nicotrol systems have not been tested in pregnant women. **Labor and Delivery** – Nicotrol systems are not recommended for use during labor and delivery. The effects of nicotine on a mother or the fetus during labor is unknown. **Use in Nursing Mothers** – Caution should be exercised when Nicotrol systems are administered to nursing women. The safety of Nicotrol therapy in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk to plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first pass clearance; however, the efficiency of removal is probably lowest at birth. Nicotine concentrations in milk can be expected to be lower with Nicotrol systems when used while awake than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from Nicotrol therapy should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from Nicotrol therapy alone or in combination with continued smoking. **Pediatric Use** – Nicotrol therapy is not recommended for use in children because the safety and effectiveness of Nicotrol therapy in children and adolescents who smoke have not been evaluated. **Geriatric Use** – Seventy-nine patients over the age of 60 participated in clinical trials of Nicotrol therapy. Nicotrol therapy appeared to be as effective in this age group as in younger smokers. **ADVERSE REACTIONS** Assessment of adverse events in the 509 subjects who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by the smoking of many patients. When reporting adverse events in the trials the investigators did not attempt to identify the cause of the symptom. No serious adverse events were reported during the trials. **Topical Adverse Events** – The most common adverse event associated with topical nicotine is a mild and short-lived erythema, pruritus, or burning at the application site, which was seen at least once in 47% of patients on Nicotrol systems in the efficacy trials. Local erythema after system removal was noted at least once in 7% of patients and local edema in 3%. Erythema generally resolved within 24 hours. About 1% of patients dropped out of clinical trials due to local reactions; none had classical contact sensitization (see PRECAUTIONS, Allergic Reactions). In the clinical trials performed (one Dallas and one U.S. clinic), fewer total patients were used than in trials of other nicotine transdermal systems, and fewer adverse reactions were reported than in U.S. trials with other systems achieving comparable blood levels. Therefore, the systemic adverse event data in the two sections below are based in part on 1200 patients treated with systems delivering comparable rates of nicotine per hour. **Probably Causally Related** – The following adverse events are believed related to Nicotrol treatment based on experience in clinical trials. *Nervous system:* Dizziness* *Musculoskeletal system:* Arthralgia† *Skin and appendages:* Rash,† sweating† * reported in 3% to 9% of patients. † reported in 1% to 3% of patients. Complaints occurring in fewer than 1% are not listed. **Causal Relationship UNKNOWN** – Adverse events reported in active- and placebo-treated patients at about the same frequency in clinical trials are listed below. The clinical significance of the association between Nicotrol treatment and the following events is unknown, but they are reported as alerting information for the clinician. *Body as a whole:* Back pain,† pain† *Digestive system:* Abdominal pain,† constipation* diarrhea,† dyspepsia,† flatulence,† nausea,* vomiting† *Musculoskeletal system:* Myalgia† *Nervous system:* Concentration impairment,† depression,† headache,* insomnia,† nervousness* *Respiratory system:* Cough increased,† sinusitis† *Special senses:* Taste perversion† *Urogenital system:* Dysmenorrhea† * reported in 3% to 9% of patients. † reported in 1% to 3% of patients. Complaints occurring in fewer than 1% are not listed. **DRUG ABUSE AND DEPENDENCE/OVERDOSAGE** For further information, please see full prescribing information. **DOSAGE AND ADMINISTRATION** Patients must desire to stop smoking and should be instructed to *stop smoking immediately* as they begin using Nicotrol therapy during waking hours. The patient should read the patient instruction sheet on Nicotrol therapy and be encouraged to ask any questions. Treatment should be initiated with the Nicotrol 15 mg/day system. The patients should continue the treatment (one system each day) for 4-12 weeks of therapy. The patient should stop smoking cigarettes completely during this period. If the patient is unable to stop cigarette smoking within 4 weeks, Nicotrol therapy should be stopped, since few additional patients in clinical trials were able to abstain after this time.

Recommended Dosing Schedule

Dose	Duration
Nicotrol 15 mg/day	First 12 weeks
Nicotrol 10 mg/day	Next 2 weeks[a]
Nicotrol 5 mg/day	Last 2 weeks[b]

[a] Patients who have successfully abstained from smoking should have their dose of nicotine reduced after each 2-4 weeks of treatment until the Nicotrol 5 mg/day dose has been used for 2-4 weeks.

[b] The entire course of nicotine substitution and gradual withdrawal should take 14-20 weeks. The use of Nicotrol therapy beyond 5 months has not been studied.

The Nicotrol system should be applied promptly upon its removal from the protective pouch to prevent loss of nicotine from the system. The Nicotrol system should be used only when the pouch is intact to assure the product has not been tampered with. A Nicotrol system should be applied only once a day to a non-hairy, clean, and dry skin site on the upper arm or the hip. Each day a Nicotrol system should be applied upon waking and removed at bedtime. **Caution** – Federal law prohibits dispensing without prescription.

Product information as of March 5, 1992 9854G

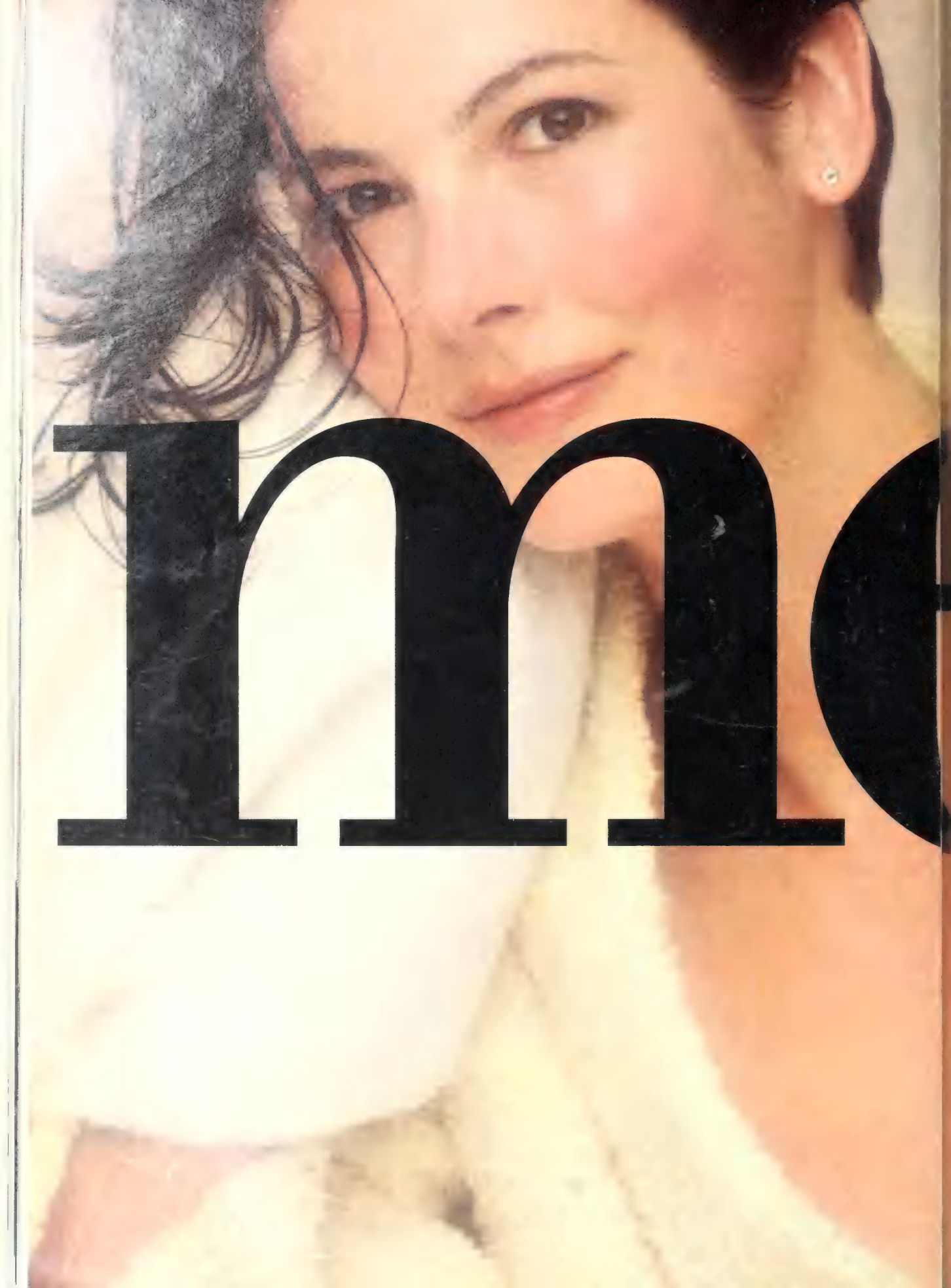
Manufactured by Cygnus Therapeutic Systems for Kabi Pharmacia, Sweden. Distributed by

PARKE-DAVIS

Division of Warner-Lambert Company

Morris Plains, NJ 07950 USA


Amy
Giddy-up Horsey!
by
Jane Zilgunas
d, arms and legs
ted of fine bisque
celain
d-crafted rocking
e is included at
xtra charge
Doll and rocking horse shown smaller than actual size. Doll is 17" tall when seated horse.



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This is for you. The one you sometimes forget to be good to. The one who loves the feel of soft, silky skin. And the scent of fresh flowers. This feels beautiful. The new Yardley Bath Shoppe collection.



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Softer, smoother skin each time you bathe. Gentle shower gels, silky bath oils, soft body powders, rich moisturizers and more. In three light fragrances. Essence of Spring, Delicate Rose or Peach Elegance. For stores, call 1-800-8-2-RELAX (1-800-827-3529).

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THE

Light

FOOD THAT'S



HEAVY

ON NUTRIENTS

When you watch your weight, it's crucial that you not rob your body of nutrients. That's why nourishing foods like Dannon® Light Nonfat Yogurt are such a healthy habit. Because in just 100 calories Dannon Light gives you calcium for strong bones. Potassium. Protein. And no fat. All in 11 lusciously creamy flavors like lemon chiffon, cherry vanilla and cappuccino. So make it a Dannon Light a day, and make healthy weight control deliciously easy.

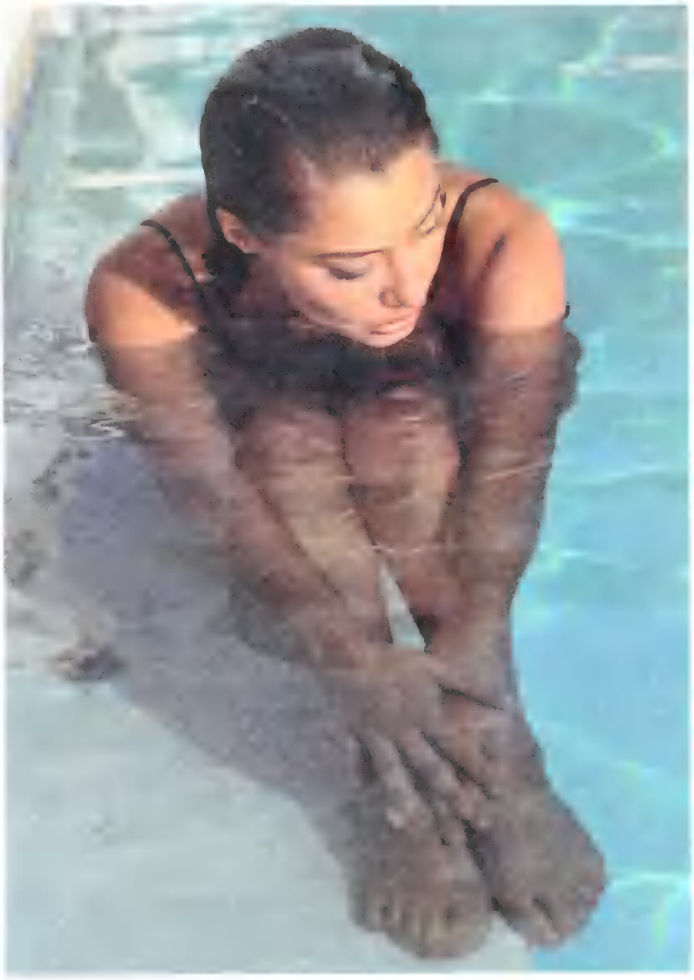
A VERY HEALTHY HABIT FOR LIFE™

DANNON Light

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Summer beauty GETS REAL

We all want to know what's the least we can do to look great for the summer. So we went to the pros—real women who stick to bare-minimum health and beauty routines that work. Here, you'll find out the secret to a Safe Suntan (it's not hiding in the shade!), how to have Sandal-Perfect Feet, the fastest, most ouch-less Hair-Removal Solution, and (finally!) a foolproof way to Beat the Frizzies. Plus, $45 worth of beauty products, the chance to win a spa vacation, and lots more. So get real—summer's nearly here!



"I know sunbathing is bad for my skin, but I can't bear to spend the summer looking like a ghost!"







The real solution: SELF-TANNERS

Susan Cirignano admits she's the kind of person who likes to look tan all the time. "I used to bask in the sun all summer long," says Susan, "but I've wised up about the risks. Now I wear SPF 15 sunscreen whenever I'm in direct sunlight, and I stick to bronzing powder for a healthy-looking glow. Though I've used self-tanners to extend a tan, I've never tried them on pale skin."

We convinced Susan to test the new self-tanners on her winter-white face and neck to prove that they really work, look natural, are perfectly safe and don't make skin turn orange. Here's her self-tanning story:

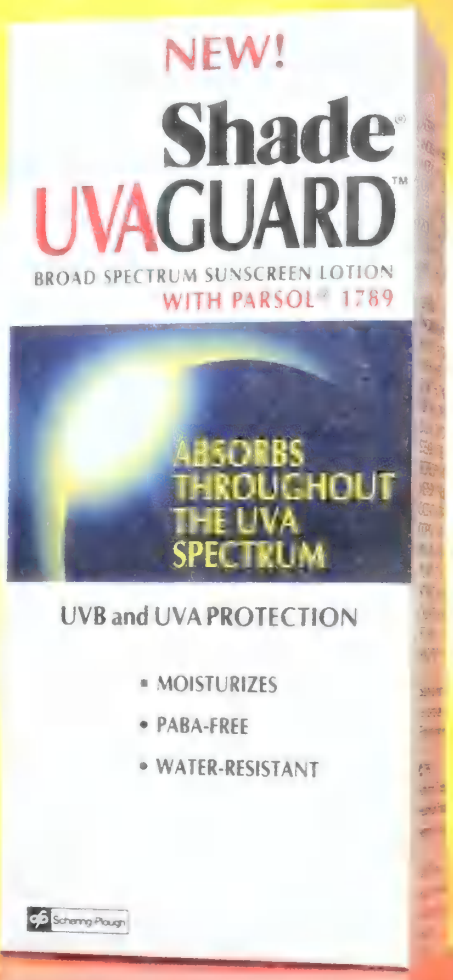
DAY ONE: "I applied Bain de Soleil Sunless Tanning Creme for Fair Skin on my face and neck a few hours before I went to bed. I blended the cream in with a cosmetic sponge for a smoother application—my idea. But it was difficult to tell if I had missed any spots because the cream becomes invisible as soon as it's applied.

DAY TWO: "I woke up and immediately looked in the mirror to inspect my tan. A bit of a difference, but nothing dramatic. I looked flushed, not tan. I was worried that after my shower I'd have no color at all! So after showering I applied more cream. A couple of hours later, I did look a little tan. I also noticed some spots I missed—the sides of my jaw. And the skin around my eyes was white because you're supposed to skip that area.

DAY THREE: "For my final application, I worked the cream all over to go for the deepest tan possible. By the afternoon my colleagues at work were saying, 'It really works, you are tan!' The difference was most obvious when I put my untanned hands next to my face.

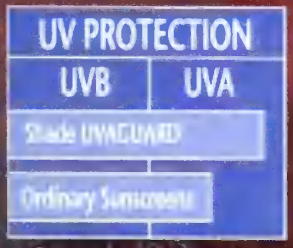
"After my successful self-tanner test, I'm definitely hooked. And I also learned a thing or two to make a fake tan look real. Since you're supposed to avoid the hairline and around the eyes and because it's so easy to miss spots during application, you need a darker-than-usual foundation (matched to your fake tan) to fill in the white patches. Also, since my skin tends to be oily and the tanner makes it even oilier, I relied on tinted—not translucent—powder to cut down the shine."

From top: Susan Cirignano goes from pale to tan to tannest. She used Bain de Soleil Sunless Tanning Creme and was amazed at the natural-looking results. "When I put my pale hands next to my face, you can really tell how dark I got!"



New Shade® UVAGUARD.™ The biggest breakthrough in sun protection since SPFs.

Parsol® 1789, the advanced, patented ingredient in new Shade UVAGUARD, is revolutionizing the science of sun protection. The sun emits two types of rays—UVBs and UVAs. Ordinary sunscreens* provide adequate protection against UVBs, but not as much against the deeper-penetrating UVAs. Shade UVAGUARD protects against both. In fact, it goes further to provide extra protection against UVAs. That's extra protection against the damaging rays that can contribute to premature aging, wrinkling, and even skin cancer. New Shade UVAGUARD with Parsol 1789. It will change the way you think about sun protection.



*Compared to SPF 15 sunscreens without Parsol 1789

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Self-tanner DOS AND DON'TS

TIPS AND TRICKS FOR A FLAWLESS FAUX TAN FROM DANIEL MAES, VP PRESIDENT OF RESEARCH AND DEVELOPMENT FOR ESTÉE LAUDER, AND P RUSSO, RESEARCH AND DEVELOPMENT MANAGER FOR BAIN DE SO

DO apply the product to clean skin. Any dirt, makeup or soap residue on the skin will prevent the tanner from working properly. Use a toner with alcohol to restore optimal pH balance. If skin has a high pH level (caused by oiliness), the tanner may turn skin yellow.

DO choose a tanner that is an appropriate match for your natural skin tone.

DO a patch test on your inner forearm and wait three hours for the color to develop. If you have no adverse reactions, apply all over.

DO apply tanner in two applications, three hours apart, for the most intense tan.

DO check with your dermatologist before using a tanner if you use Retin-A or have a skin condition.

DO exfoliate the area to be "tanned" before applying tanner. Use a washcloth cleansing scrub. This will eli nate dead skin layers and h the "tan" last longer.

DON'T use a tanner if you ha a sunburn. Burned skin pee and the fake tan will fade imm diately—and unevenly.

DON'T apply a tanner to area with an insect bite or healed wound; the affected a will develop a darker tan th the rest of your skin.

DON'T swim, bathe or exerc for one hour after applying tanner or the color won't de op properly.

DON'T get dressed, use tow or lie on sheets for at least f teen minutes after applying ta ner (to avoid stains).

DON'T rely on a self-tanner a sunblock unless it contains SPF of at least fifteen.



The best self-tanners

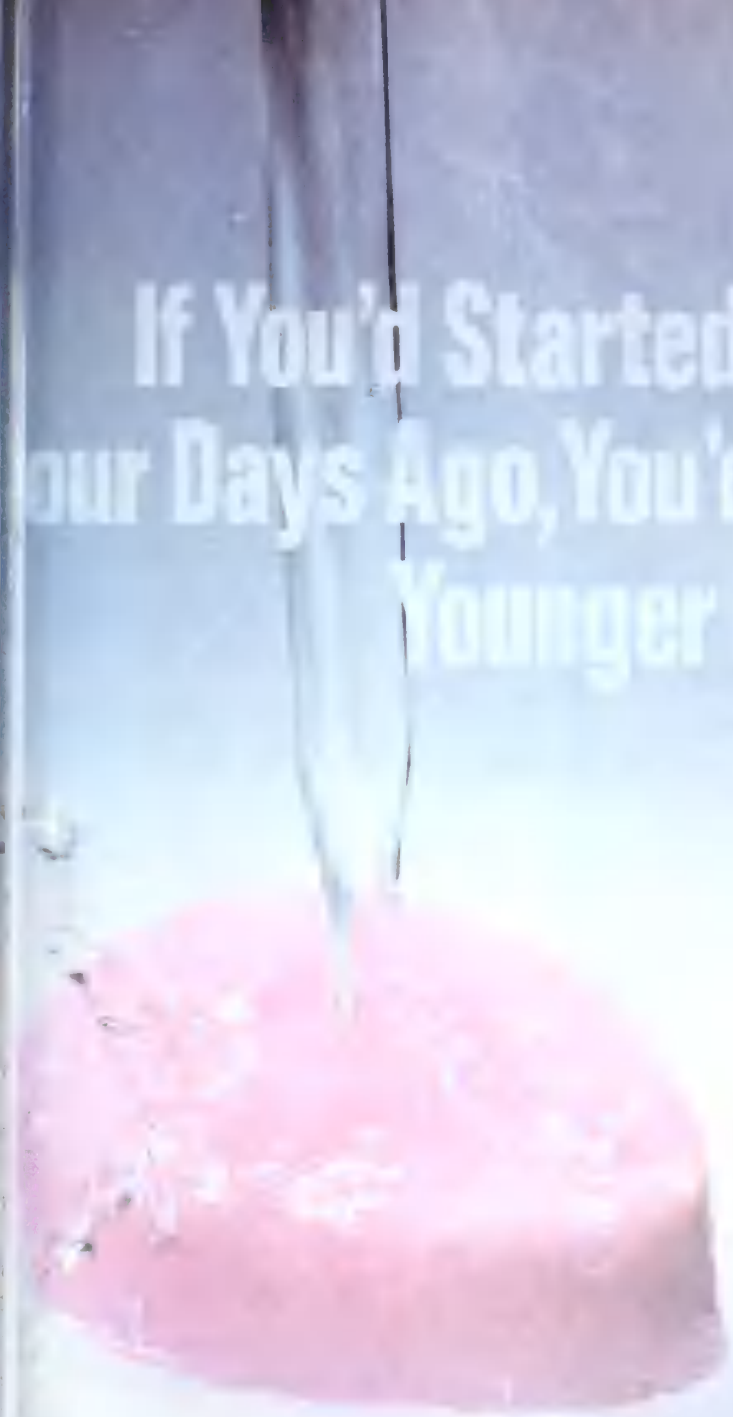
We patch-tested self-tanners from fifteen companies to see which ones developed the most authentic-looking tans. In each case, the lightest shade available was tes (though some companies produce only one shade). Fo out of the fifteen gave the desired glow—an even bro shade that was neither too red nor too yellow:

Clinique Self-Tanning Formula ($12.50)

Lancôme Personalized Self-Tanning Lotion in Fair ($20)

Estée Lauder Sun Self-Action Tanning Cre in Light ($16)

Bain de Soleil Sunless Tanning Creme For Fair Skin ($7.25)



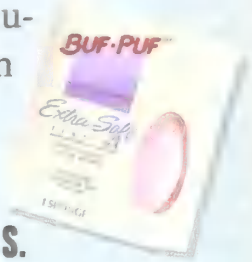
If You'd Started Using It Four Days Ago, You'd Actually Look Younger By Now.

If this seems like an over-promise, it's not. Not with the Buf·Puf™ Extra Soft Sponge. It's a method called exfoliation. Tested and proven by dermatologists.

What exfoliation does is remove dead cells that build up on skin—making it look dull, dry and older than it should.

After four days, you'll actually see fresher, younger-looking skin. Skin that's far smoother. Finer. More even-textured. Or we'll gladly refund your money.

To keep your skin at its peak, use the Buf·Puf Extra Soft Sponge daily with soap or cleanser. It's unusually gentle to even sensitive skin.



SKIN THINGS THAT DO THINGS.

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"My feet are really ugly. I hide them in the sand when I go to the beach, and I wouldn't think of wearing sandals!"

The real solution: A PERFECT PEDICURE

We went to NYC's Warren-Tricomi Salon and photographed a dozen freshly pedicured feet. We learned that most women wouldn't dream of exposing their feet without a pedicure. Before slipping on your sandals, splurge on a salon pedicure, then keep it up with an at-home routine. Below, our pedicure tips and product suggestions



"I have corns, so I get regular pedicures to keep my feet in shape."***—Wendy, wearing Revlon Nail Enamel in Fuchsia***

"A pedicure helps prevent callus buildup."***—Andrea, wearing Lancôme Nail Lacquer in Gala Rouge***

"I get a professional pedicure whenever I can, and I give myself pedicures at home."***—Connie, wearing Lancôme Nail Lacquer in Rose Styliste***

"I think my feet look sexier with bright polish. A salon pedicure is a confidence booster."***—Margarita, wearing Elizabeth Arden Luxury Nail Color in Pink Coral***

"My toes are really stubby—a pedicure at least makes them bareable."***—Maureen, wearing L'Oréal Nail Enamel in Sunrise***

"My toes are always perfectly lacquered."***—Roxana, wearing Princess Marcella Borghese Protective Nail Lacquer in Titian Tangerine***

"I always like red toenails—all year long, not just for the summer."***—Linda, wearing Clarins Nail Colour in Rouge Corail 15***

"My feet are full of problems! I need weekly pedicures to help prevent ingrown toenails."***—Alexandra, wearing Christian Dior Nail Enamel in Etna 623***

"My middle toes are longer than my big toe. I wear red polish so people will notice the color, not my toes."***—Deborah, wearing Revlon Nail Enamel in Revlon Red***

"In summer I live in sandals, which makes a regular pedicure a necessity."***—Anneta, wearing Chanel Nail Enamel in Pink Shock***

"I was a professional dancer for many years. I always had to keep my feet in shape, and I still do out of habit."***—Dida, wearing Chanel Nail Enamel in Coral Shock***

"In winter I wear pale polish; I switch to hot orange or pink when I wear sandals."***—Patricia, wearing Maybelline Long Wearing Nail Color in Orange Flame***



Keeping up with fashion shouldn't mean putting up with pain.

It's funny how the most attractive shoes often end up causing the ugliest, most painful corns, calluses and bunions.

And it's no surprise that Dr. Scholl's would come up with some of the smartest, most effective ways to treat these problems. Guaranteed. Dr. Scholl's Corn and Callus Removers provide a fast, safe cure with a unique, clinically-proven pad/disk system. The pad cushions the pain, while the medicated disk completely removes the corn and callus. Dr. Scholl's Corn and Callus Cushions protect against painful shoe pressure and friction. And Dr. Scholl's new Bunion Guards provide all-day relief for sore, inflamed big toe joints.

Treat your foot problems with Dr. Scholl's. Because when you've invested in a great pair of shoes, why keep paying for them?



nion: Buildup of bone, fluid or rd skin on big toe joint; caused by pressure and friction





Corn: Hard or soft skin on or between toes; caused by pressure and friction



Callus: Tough [illegible] and friction



Making life in your shoes more comfortable.

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Think of it as a beautiful alternative to holding your breath.
Introducing Playtex Secrets Panty Slimmer.
The first panty slimmer with the hidden panel that targets your tummy to control you where you need it most.
With matching bras for added support and shaping. For a store nearest you call 1-800-765-SLIM.
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SECRETS
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Welcome the beloved "Little House" heroine home from school...and into your heart.

"Laura"

PREMIERE GRADE

School is over and "Laura" is anxious to be on her way, for she eagerly anticipates one of Ma's homecooked meals. After dinner, Pa will fiddle a few merry tunes before bedtime. It looks like another happy night for the family that lives in the little house on the prairie!

"Laura" by artist Joan Ibarolle is the first issue in *Little House on the Prairie*™—a doll collection inspired by Laura Ingalls Wilder's famous books about her pioneer family life.

This high-spirited youngster is handcrafted with poseable porcelain head, arms, and legs, and sparkling hand-set eyes. Her sweet face is expertly hand-painted to capture her sun-kissed look. "Laura" is dressed just as we remember her in a hand-tailored calico dress and apron, leatherlike button shoes, and a pinstriped prairie bonnet. She carries her "book and slate" by an old-fashioned suede strap.

Recommended by Ashton-Drake, "Laura" is certified *Premiere Grade* — your assurance of superior artistry and craftsmanship. As an heirloom-quality doll with exceptional credentials, she may be a wise investment as well.

This delightful prairie girl can be yours to enjoy for only $79.95. Hurry ... "Laura" is issued in an edition ending forever in 1993, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

*Authentic artistry, just 4 payments of $19.99**



Watch for "Mary," coming soon to be with her little sister "Laura."

Actual size of doll is 15½ inches tall. Complete with book-and-slate accessory and doll stand.

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Bringing You Dolls of Irresistible Value

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June 15, 1993

S, please enter my reservation for "Laura," first issue in the *le House on the Prairie*™ collection. Limit one. I understand eed SEND NO MONEY NOW. I will pay for "Laura" in four venient monthly installments of $19.99* each, the first being ed before shipment of the doll.

satisfaction is unconditionally guaranteed. I understand I may, for any reason, return "Laura" to the Ashton-Drake ries at any time within ***one full year*** after I receive her for nd or credit of the full purchase price, including postage.

X _____
Signature

Name (please print clearly) _____ Telephone _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

*Plus $4.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price $125.00 plus postage and handling and any applicable sales tax.

76311-D88004

At-home pedicure DOS AND DON'TS

FOLLOW THESE SIMPLE GUIDELINES FROM ROXANA NEARSU, NAIL TECH AT THE WARREN-TRICOMI SALON, FOR SEE-WORTHY FEET

DO soak feet in warm, soapy water for about fifteen minutes.

DO use a pumice stone or callus remover after soaking to remove dead skin. Slather feet with lotion or cream first.

DO remove old polish with a non-acetone remover and tissue or cotton balls (synthetic cotton balls will leave stray fibers on the nail surface).

DO cut toenails with a nail scissors or clipper. The key is to cut nails straight across, no matter what shape your toenails are.

DO apply two coats of color. Allow several minutes' drying time between coats.

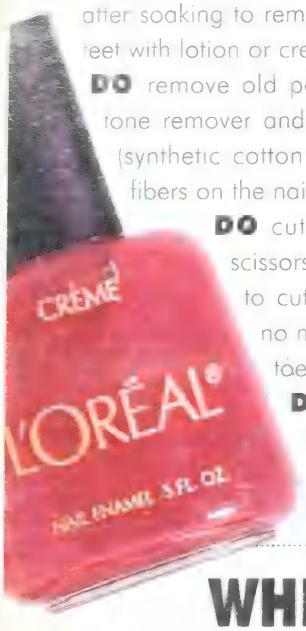
DON'T file nails in a back-and-forth motion—this causes the nail to split or tear. File in one direction only.

DON'T cut the cuticles—bacteria can get underneath and cause an infection. Better: Push them back gently with a manicure stick padded with damp cotton.

DON'T try to cut out ingrown toenails; see a podiatrist for proper treatment.

DON'T try to cut or scrape off corns. If corns are painful, see a podiatrist.

DON'T skip a base coat or a top coat. A base coat helps prevent the nails from yellowing; a top coat is key for a long-lasting pedicure (up to three weeks).





WHEN TO SEE THE DOCTOR

Suzanne Levine, M.D., a board-certified podiatric surgeon and author of *My Feet Are Killing Me!*, told us about the most common foot problems and how to treat them

CORNS

What they are: Hard, thickened areas of skin (round and yellow) found on the top of, tip of, or between toes. If the corns are reddish, they're inflamed.

The cause: To protect the skin and bone as a response to friction.

The cure: Buy shoes that fit comfortably. To temporarily relieve pain, soak feet in warm water and epsom salts. Corns can permanently be removed by a podiatrist.

BUNIONS

What they are: A bony bump on the outside of the ball of the foot that is a form of arthritis.

The cause: The most common cause is heredity. Certain inherited foot structures like sagging arches will make you more susceptible to bunions. Too-tight shoes can contribute to the formation of a bunion.

The cure: To temporarily ease the pain and reduce inflammation, apply an ice pack to the bunion for fifteen minutes three or four times a day. Wear wider shoes or sandals, and see a podiatrist. Ask about ultrasound therapy, electrogalvanic stimulation, paraffin baths and whirlpool massages. Only surgery can get rid of a bunion.

PUMP BUMPS

What they are: An abnormal clump of tissue at the back of the heel over the bone.

The cause: Shoes are usually the culprit—the back of the shoe continually rubbing against the bone causes a bump.

The cure: Ease the pain by applying warm heat to the area several times a day. Wear shoes with soft edges. Use a heel pad to lift your foot up a little and help avoid irritation.

Beautiful feet treats

1. Revlon Professional Nail Brush The ideal tool to clean nails before you start your pedicure. It has a curved handle and nylon bristles. $5.25

2. Revlon Callous Reducer A small abrasive metal paddle with an angled handle makes reducing calluses and removing dry skin a breeze. $5.85

3. Revlon Foot Smoother A paddle with rough pumice on one side and smooth pumice on the other to help your feet feel silky. $4.95

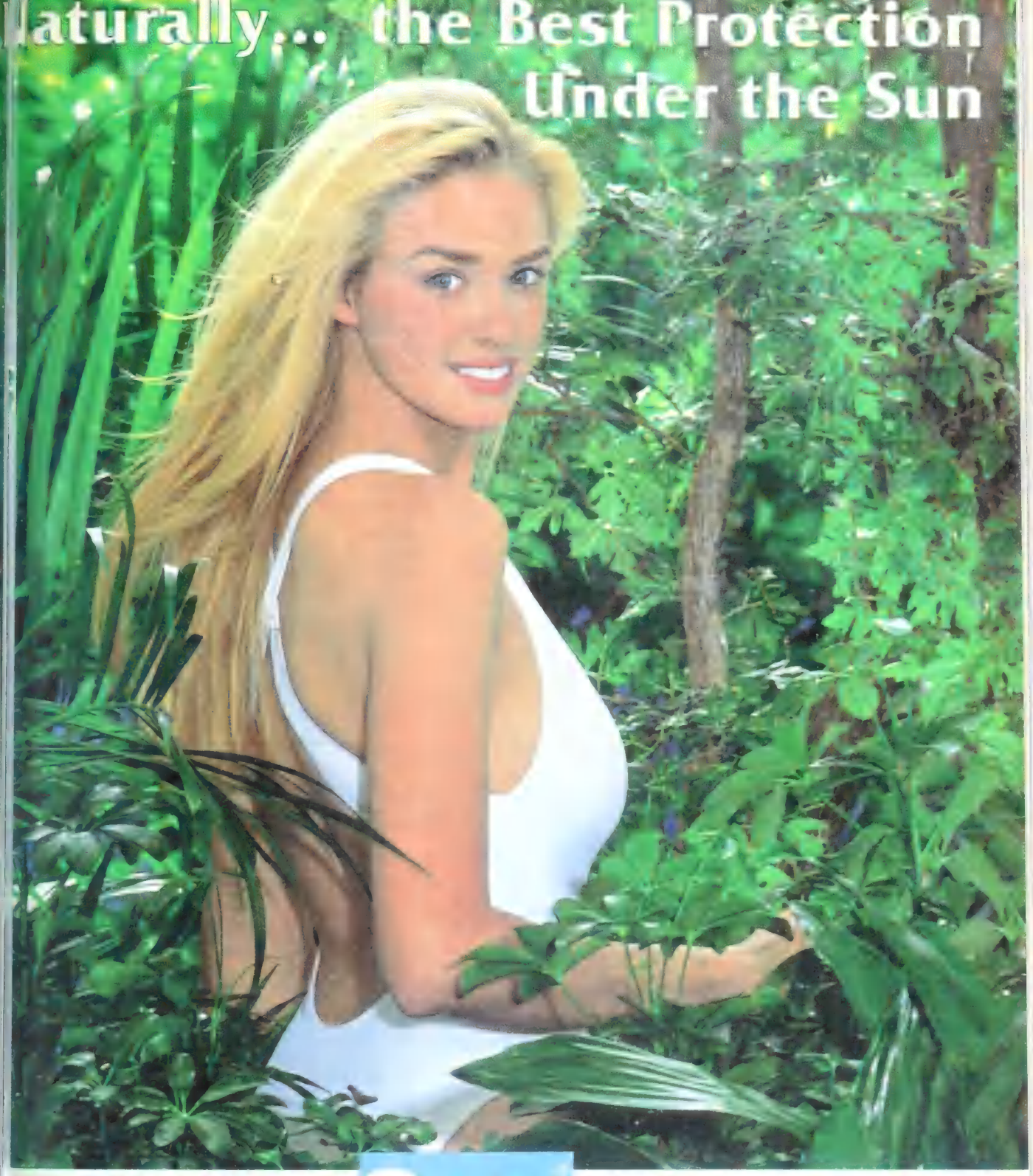
4. ProNail Double-Surface Garnet Nail Board These sturdy files, bigger than average (3/4" wide, 6 1/2" long), are great for smoothing out the edges of tough toenails. $1.79 for ten.

5. The Body Shop Peppermint Foot Lotion You'll love the smell! It contains cocoa butter; lanolin, to soften hard skin; peppermint oil; and menthol, to deodorize and invigorate. $11 for 8.4 oz.

6. Kingsley Nail Scissors They'll cut those toenails perfectly straight across. Comes with a lifetime guarantee. $6.29

7. Facile Healthy Pumice Natural Pumice A two-in-one product combining a nail brush with a pumice stone. Great for traveling. $2.29





Ve make all of our sun care
oducts one way... Naturally.
ith 100% Pure and Natural
gredients. So Banana Boat
t only protects your skin



it's good for your skin. Banana Boat products are Never greasy, Never animal tested and Never made anywhere but the U.S.A. ...Naturally.

TREAT YOUR SKIN TO THE BEST

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"I like my legs and bikini line to be completely smooth all season, but there's no ideal hair-removal method, and the upkeep is such a pain."

The real solution: STICK TO SHAVING



Nicole Taub swears by shaving.

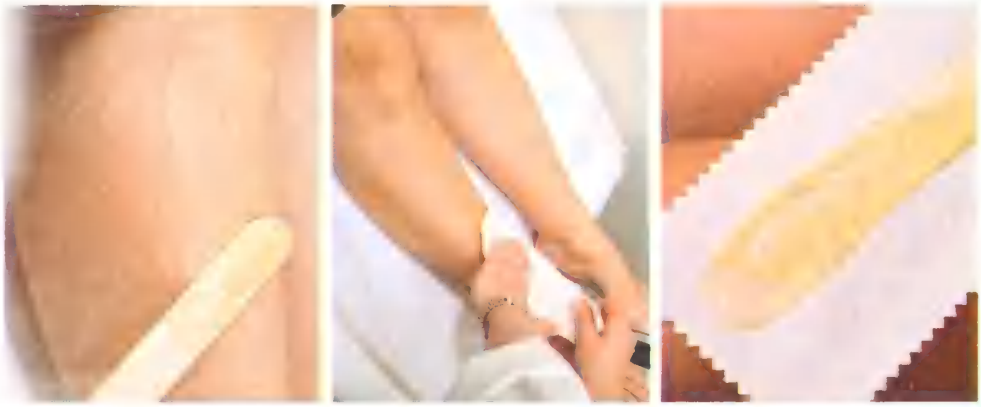
"I shave my legs, underarms and bikini line every day, all year-round. It's part of my daily routine, and I couldn't even think of not doing it—I just wouldn't feel clean. I usually take a morning bath, so I shave in the tub. The whole thing takes about five minutes and is painless. I use the Gillette Sensor for women because it's easy to hold on to and has disposable blades, and I borrow my husband's shaving cream. I've never really tried any other hair-removal methods."

We wondered whether waxing has gotten less painful and whether depilatories are less messy and smelly than they were before, so we asked Nicole to test these two other hair-removal methods, one on each leg.

WAXING "To wax my legs, I had to let the hair grow for about ten days (ugh!) so that the wax would be able to adhere to the hair and pull it out from the root. I hate the feel of stubble on my legs, so this waiting period was tough for me. I've heard that if you wait longer and let the hair grow even more, it's easier for the wax to grip it and the process is less painful.

"The procedure takes about an hour. The wax is spread onto your leg in small patches, and then a thin strip of muslin is pressed down over the wax. Now comes the painful part—the muslin strip is quickly ripped off your leg. This is definitely not for the faint of heart; it's real pain—and it has to be repeated dozens of times until your leg is hair-free. The anticipation of the pain for each strip is almost unendurable. I was told the hair wouldn't grow back for three weeks to a month, which is a plus, but an hour later and $65 poorer, I'd rather be shaving.

DEPILATORY "I went to a local *(continued)*



Nicole Taub compares shaving, waxing and Nair's new roll-on depilatory to see which method gets legs smoothest

THE BRANDS TESTED

SALLY HANSEN® LOTION HAIR REMOVER FOR ARMS, LEGS AND FACE: A mess to apply because of its watery consistency, and it has a pour top. Unpleasant chemical smell. **ONE TOUCH® CREAM DEPILATORY:** The creamy, pale-pink formula is easy to apply because it's thick and comes in a tube. The smell is intensely flowery, nearly as bad as a chemical odor. **NEET® HAIR REMOVER LOTION:** A watery formula in a bottle; very difficult to apply. The scent is perfume-y—not too bad. **NAIR® ROLL-ON HAIR REMOVER WITH ALOE VERA:** My favorite because it has a roll-on applicator. It smells like deodorant soap—the best scent of the bunch.

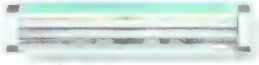


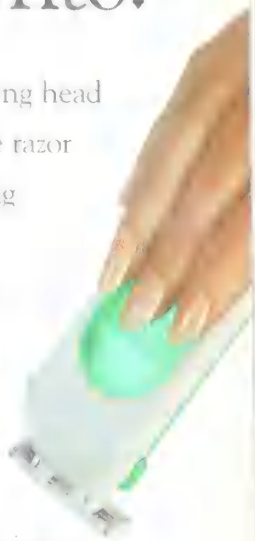
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places. Around the ankles.
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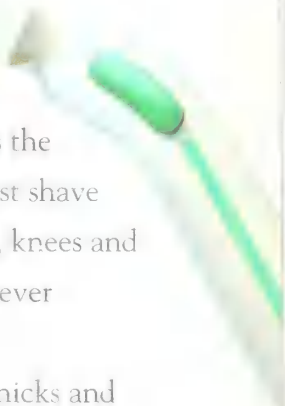




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You'll literally
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aloe and extra moisturizers,
to leave your
skin feeling
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Once
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shave
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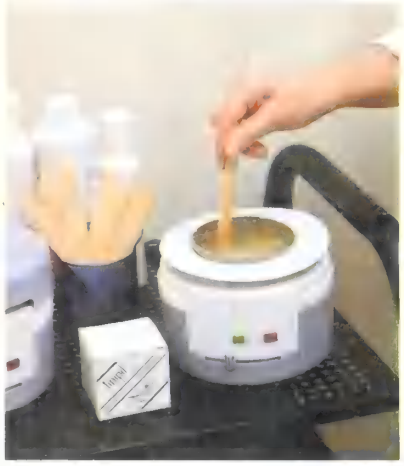
LIPSTIC

DANA IS WEARING FLAMI

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Which came first true love or TRULY LACE?
A new fragrance is unveiled.
Truly LACE
COLOGNE SPRAY
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(continued) discount beauty-supply store and purchased all four depilatories available on the shelf (which was less than $5), and retreated home to my bathroom. The directions suggested I do a patch test, so I applied a small glob of each and waited. They all got results, but two out of four smelled awful. I waited the suggested twenty-four-hour period before continuing the process. The next day I applied some of each to a bigger section of my leg and waited 'no longer than' fifteen minutes, as the instructions advised. Two of the formulas proved difficult to apply because they were very watery. However, when I rinsed, the hair was gone on all four patches.



"The active ingredient in all of them is a chemical called Thioglycolate, which dissolves hair on and below the surface of the skin. The idea of applying a chemical all over my legs is not particularly appealing to me—it sounds so harsh. Like waxing, depilatories keep you hair-free for several weeks, but you must put up with the awful smell and messy application. I'll stick with my razor!"



Hair removal DOS AND DON'TS

IF YOU WANT TO TRY WAXING OR DEPILATORIES (AFTER ALL, WE ALL HAVE OUR PREFERENCES), HERE ARE TIPS FROM WAXING PRO MICHELLE ABAGIU, OF THE WARREN-TRICOMI SALON, AND THE EXPERTS AT NAIR

WAXING

DO seek out a salon with a licensed technician who uses organic wax (not sugar or chemicals) with muslin strips. You'll be assured that the hair will be removed at the roots and the skin will not be damaged.

DO use a medicated abrasive scrub or a loofah once or twice a week on the area that has been waxed to prevent ingrown hairs, except for the day of the actual procedure.

DON'T even think of going to a salon where the wax is reused. If you see heavy wax being removed by hand without muslin strips, leave. Reheating the wax does not destroy the AIDS virus, hepatitis B or other potential diseases.

DON'T schedule a waxing when you have your period unless you absolutely have to—you'll be bloated and more sensitive to the pain.

DEPILATORY

DO wait a couple of hours after using a depilatory before applying products like moisturizers, suntan lotions or deodorants, which may cause skin irritation.

DO follow the instructions: Do a patch test first to check for adverse reactions to the depilatory.

DON'T leave a depilatory on for more time than specified on the package (usually fifteen minutes), or skin will tingle or burn.

DON'T go in the sun, chlorine or salt water sooner than twenty-four hours after using a depilatory to avoid a burning sensation.

4 TIPS FOR NOT GETTING NICKED

The only drawback to shaving, other than having to do it often, is that you can get cut if you're not careful. Below, hints from John Darman, director of new products for blades and razors for Gillette, and Louise Foerster, group product manager for Bic:

1. Make sure the hair on your legs is wet and softened and that the skin is plumped up. It's best to wait until the end of your shower or bath to shave.

2. Use a shaving gel or cream. They're specifically designed to help hair retain water, making it easier to cut.

3. Replace blades at the first sign of dullness or discomfort. You're more likely to get cut with a dull blade because you'll tend to exert more pressure.

4. When using a new blade or new disposable razor, go slowly—the blade is very sharp and requires extra caution.

THE BEST RAZORS: Gillette Sensor for Women, and Bic Twin Pastel Shavers (right)




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NEW
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VISAGE
Microscopic double layer Liposomes may not
sound particularly beautiful. But these
tiny moisture-filled spheres are able
to deliver precious moisture beneath
the outer layers of your skin where
it's needed most. You'll see smoother,
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"My hair is really frizzy, and though I tend to leave it natural most of the time, it's totally out of control in the summer."

The real solution: GET IT STRAIGHT

Hair pro Jennifer Lawrence of the Louis Licari Salon in New York City prefers her hair smooth, especially in the hot weather, and is willing to put in the time and effort to straighten it. An expert stylist, she knows the best techniques for her own hair, as well as what works for her frizzy-haired clients. Here, eight steps to smooth hair:

1. Wash and condition hair with moisturizing products. *Tip*: If you have really thick, curly hair, don't rinse out all of the conditioner. It helps weigh the hair down and makes it easier to straighten.

2. Let hair dry naturally until it is three-quarters dry. If you're short on time, towel dry to get rid of excess moisture.

3. To protect hair from damage, apply a leave-on conditioning product before you apply any heat. It will soften the cuticle and allow the heat to penetrate better—plus it'll get rid of any snarls so it's easier to brush through.

4. Use a big, plastic butterfly clip to pull back all but the hair that frames your face. This will also keep hair from frizzing up while you're working on the front.

5. Dry the hair around your face first because it curls up the fastest. Work in sections. The frizzier your hair is, the smaller the sections should be. Start brush at roots and apply heat as you move it down the hair shaft. Move the dryer down at the same time so the entire length of hair is dried and straightened. *Tip*: Aim the dryer nozzle down the hair section, not up. Repeat this procedure until all the sections around the face are dry.

6. Use the method described in the previous step to dry underneath first, leaving the top layer in the clip. Then dry rest of hair in the same fashion.

7. If hair isn't straight enough, use a Mason Pearson brush (the pros' choice for straightening) with the dryer to smooth any wavy spots.

8. To finish, apply a few drops of a silicone-based product to add shine and protect from frizzies.



Jennifer Lawrence demonstrates how she gets her very curly hair straight for a frizzproof summer look. Her secrets: the proper tools (a round brush and blow dryer with a nozzle attachment, and butterfly clips) and patience. "It takes more effort to make my hair straight, but it's worth it."


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Hair straightening DOS AND DON'TS

ADVICE FROM JENNIFER LAWRENCE AND HAIR PROS JOSÉ EBER OF BEVERLY HILLS AND DEANNA FROM PIERRE MICHEL AT THE PLAZA IN NEW YORK CITY

DO choose hair products that are specifically designed for dry hair because curly or frizzy hair has a tendency to be dry and brittle.

DO invest in a good brush and a powerful dryer. Heat is what makes hair straighten, so use a dryer with 1,200 to 1,500 watts.

DO use a heavy-duty moisturizing conditioner once a week. Use a regular conditioner every time you shampoo.

DO apply silicone products sparingly. They are highly concentrated, and too much will make your hair look greasy.

DON'T wash your hair every day—the hair's natural oils will help weigh it down. Try shampooing every other day.

DON'T use products with alcohol. Instead, look for those with an oil base.

DON'T try to straighten soaking-wet hair. Get rid of most of the moisture first.

DON'T expect miracles. If it's raining or very humid outside, it will be twice as hard to completely straighten hair.

The tools of the trade

● ***A very wide-tooth comb*** ● ***A big, round natural-bristle brush*** Look for one with long bristles, about one inch, that are not too close together so the brush moves easily through the hair. ● ***A hairdryer with a nozzle attachment*** The nozzle will concentrate the flow of heat and make straightening easier. ● ***A butterfly clip***



TOP PRODUCTS FOR FRIZZIES

■ Pantene Pro-V Shampoo and Pro-Vitamin Conditioner in One contain derivatives of vitamin B5 (including Pantyl and Panthenol) that penetrate and strengthen the hair shaft. 13 oz., $3.69 ■ Salon Selectives Leave-In Conditioner sprays on wet or dry hair. Has Provitamin B5 and vitamin E for nonstop shine. 8 oz., $2.49. ■ John Frieda Frizz-Ease Hair Serum is a silicone-based product that will eliminate frizzies. Use a few drops on just-dried hair. 1.69 oz., $9.99 ■ L'Oréal Studio Line Anti-Frizz contains a polymer derived from guar gum, a natural ingredient that limits the hair's ability to absorb moisture. 6 oz., $2.99 ■ Vidal Sassoon Solutions Protein-Pac Treatment is an ideal deep conditioner to use once a week. Three foil packets, $3.99.





Spa Getaway Contest

Want to escape with your mate or friend to a fabulous spa? You could win a vacation for two at the luxurious **SPA LXVI RESORT CLUB**, at **PIER 66 RESORT & MARINA** in sunny Fort Lauderdale, Florida, including accommodations for seven days and six nights, full use of the spa facilities including herbal wraps, body scrubs and facials, swimming, great food, and lots, lots more.

To enter, send us your beat-the-heat tip (in thirty words or less), with one proof of purchase from one of the following advertisers: Banana Boat, Dannon Yogurt, Dr. Scholl, Nivea and Shade, by May 31, 1993. For official rules and entry form, turn to page 115.

FREE BEAUTY PRODUCTS AND ADVICE **See page 226 for money-saving coupons for summer-perfect products from Vitabath, Avon and Ogilvie, expert skin-care and cosmetics tips from Cover Girl and Beiersdorf, and a free haircolor consultation from Clairol at J.C. Penney salons.**

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In the Cabbage Patch aisle.

Cabbage Patch Kids

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What my mother TAUGHT ME



We asked America's most prominent writing couple, Michael Dorris and Louise Erdrich, to tell us what they learned from their mothers about life, love, and the bonds between parent and child. Here are their moving stories





Grown children, young mothers: from left, Louise Erdrich and Michael Dorris today; Michael's mother, Mary Besy; Louise's mother, Rita Erdrich

THE CONTEST

By Michael Dorris

After my father, an army lieutenant, passed away at the end of World War II, my mother and I returned to Louisville to live with my grandmother and aunt. I was two; my mother was in her late thirties—a good ten years younger than my current age. A widow after less than five years as a wife—most of them spent away from my father, who was overseas—she must have been lonely and confused, but I never heard her complain or question the sharp turn in her future. With a small monthly stipend from my father's military pension and social security to supplement my aunt's income, my mother ran the house and devoted herself to the perfection of my childhood. To this day, she and my aunt continue to share that same house.

Before her marriage, according to the snips of stories I've heard and to the evidence of the family photo album, my mother had been famous in her circle as a free spirit. She swam at midnight in the Ohio River, spent her vacations from Colgate Palmolive as a passenger on United Fruit Company boats in the Caribbean, even once sang on a local radio show with Dale Evans. In the snapshots from her early twenties, my mother often has flowers tucked in her long, curly black hair, or sports off-the-shoulder blouses.

Early on my mother had taught herself to sew—she needed a wardrobe for the fun she intended to have, and there wasn't much money during the Depression for store-bought clothes. In my favorite picture of her, she had glamorized a cloth coat with epaulets cut from an old carpet. She has a bold look in her eye, is interested to see what comes next.

I first noticed this side of my mother when I was nine years old. A friend of my aunt's, Henry Lea, had a job as assistant stage manager at the Memorial Auditorium, the theater where touring out-of-town plays were *(continued)*

presented. One January day he called to get my mother and me free tickets to a matinee of *The Dark Is Light Enough*, starring Katharine Cornell and my mother's favorite actor, Tyrone Power. I was happy to go—this was, after all, an unusual event—but my anticipation paled beside my mother's.

She took a long time to get ready, and when she appeared she looked beautiful, perfumed and made-up, transformed in my eyes into a movie star herself. The last thing she did before we departed was to write a few words on a piece of paper, stare at it for a moment, make a change or two, then slip it into her purse. When I asked for an explanation, she would only say mysteriously, "Just in case."

I don't recall much of the play—its drama was far over my head—but I can tell you that my mother sat at attention the whole time, her back straight, her full concentration on the rhythm of the lines, the flow of the action on the stage. During intermission we stayed in our seats, didn't talk much and read the program. Once or twice my mother checked the paper in her purse but refused to let me see the words.

There were curtain calls, many of them, yet we didn't leave when the house lights went up.

"A surprise," my mother whispered. "Henry is going to sneak us in backstage." Her voice was nervous, tense, and she seemed less thrilled than terrified by the prospect. I followed her to a small door near the orchestra pit, and our friend met the knock.

"You'll have to be quick," Henry warned us. "He's exhausted. I'll put you in wardrobe, and he'll drop in for a minute to say hello."

We waited in a room filled with wonderful costumes in brilliant colors, drawers overflowing with masks and capes, the props from many productions stacked upon every surface. But instead of exclaiming at each new thing I pointed out, my mother dug once again into her purse and found the now familiar paper. She was still looking at it, whispering to herself. When we heard someone at the door, she quickly crumbled it in her fist and stuffed it into her coat pocket.

Tyrone Power was the first famous person I ever met, and what I remember about him were his eyelashes, which were unnaturally long. I shook hands when we were introduced, but I hung my head, tongue-tied with shyness, incapable of uttering a sound.

"Ty," Henry said next. "I want you to meet my friend Mary Besy."

My mother stepped forward without hesitation, flashed a brilliant smile.

"Oh, Mr. Power." She spoke smoothly, confidently, each syllable enunciated distinct and clear. "We missed you every moment you were offstage."

It was just the right thing. Tyrone Power smiled back—that was the other thing he had besides eyelashes: teeth—and stayed for a few minutes longer than I think he'd planned.

It must have been a year or two later when my mother heard about a competition run by the local Singer sewing machine shop. Each contestant paid a fee to enroll in an advanced class during which she would design and construct something called an "afternoon dress." Eventually there would be a fashion show, with judges, and the grand prize was a trip to Florida for two, all expenses paid.

The tuition put a strain on our finances, but my mother had confidence that it was a gamble worth taking. Every Tuesday night for three months she went to her course, discussed the intricacies of basting and pleating and tucks with other women, and returned with ideas that she translated into sketches. She took me along when she shopped for the right material, examining each flat bolt with an eye toward the cloth's hang and texture.

On the big night, however, my mother wouldn't let anyone accompany her to the actual event. She had made a blue linen sundress—for Florida, she had assured us—with a matching ivory bolero jacket. She even dyed a pair of shoes and covered a hat frame to match. My aunt contributed her good white gloves, and my grandmother came up with a pair of earrings to complete the ensemble. My mother got a permanent that afternoon, dressed early, and stood during supper so as not to wrinkle. We all applauded when she did a last twirl before walking out the door alone.

My mother has suffered many disappointments, big and small, in her life but borne them all bravely, but that night was a triumph. She arrived home at one o'clock with a velveteen crown, a plastic scepter and a certificate worth two airplane tickets, four days at the Belmar hotel, a cabana by the pool and a welcome dinner that included shrimp cocktails.

I recall very well that trip thirty years ago—for I was my mother's chief companion, the chief beneficiary, always, of her labor. She made me a new sports coat, a new pair of long pants, bought me a clip-on bow tie, and on first night in the tropics we sat together near the pool, listening until long past usual bedtime as the hotel band played the music of my mother's youth. She was wearing the linen dress, of course, and her hair was blowing in the ocean breeze. Her eyes were closed, and she was swaying, singing the words to herself.

Before her marriage, my mother had been famous in her circle as a free spirit. She swam at midnight in the Ohio River, even once sang on a local radio show with Dale Evans.

NESTS

By Louise Erdrich

My small collection of birds' nests consists of one failed eastern phoebe construction, mud and emerald moss, that fell off a too-slick wall. One comfortable-looking silver nest of a Baltimore oriole, a long gray sack with a bottleneck, woven to a budded apple branch. A tight little finch's nest including scraps of my mother's pink-blue knitting yarn, a heavy robin's nest of thick muck and flower stems. I suppose I could include the wasps' nests—the silt cones, the paper bowls. On my shelves, there are quite a few nests, collected casually, year by year. I prize above them all the nest constructed of my daughters' hair.

My mother gave me the idea on a spring visit. One morning, I saw her draping yarn on the flowering crab apple tree just outside the kitchen window. Next fall, I found the finch's nest containing yarn I recognized, left over from a scarf she had knit. All that winter, as before breakfast each morning, I brushed the dark-brown hair, the golden, the medium-brown of our daughters smooth, and all winter I saved the cleanings from the brush in a small paper bag that emptied by the stump in the yard in spring. Then I forgot the little enterprise. It was not until the leaves fell off and the trees bent nakedly beside the road that I saw it, a small cup in a low shrub. I brought the nest in after a walk and set it on a shelf. I took it down one day, a few months past, and it was then that the gleam of our middle daughter's blond hair caught the lamplight. Then the red highlights in the *(continued)*



Less than an hour ago, this child was sneezing, sniffling, and had a stuffy head with watery eyes.



Less than an hour ago, his mother was worried.

ith an antihistamine for his
ezing and sniffling plus a
ongestant for his head and
l congestion, Children's
Quil can quiet things down
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When you're a parent who cares, it's good to know Vicks cares, too.

Children's NyQuil Allergy/Head Cold. So you can both rest.

and follow label directions. ©P&G 1995

What my mother taught me

[illegible] brown of the eldest's, and the baby's [illegible] grass-pale floss. It was a tightly woven [illegible] that had kept its shape through the au[illegible] rain. It was a vireo's nest, perhaps, or a [illegible] sparrow's. I held it for a while, and then put it back on the shelf.

It was almost too painful to hold the nest, too rich, as life often is with children. I saw the bird, quick-breathing, small, thrilling like a heart. I heard its song, high and clear, beating in its throat. I saw that bird alone in the nest woven from the hair of my daughters, and I could not hold the nest because longing seized me. Not only did I feel how quickly they were growing from the curved shape of my arms when holding them, but I wanted to sit in the presence of my own mother so badly I thought my heart would crack. Life seems to flood by, taking our loves so quickly in its flow. In the growth of children, in the aging of beloved parents, time's chart is magnified, shown in its particularity, focused, so that with each celebration of maturity there is also a pang of loss. This is our human problem, one common to parents, and daughters, too—how to let go while holding tight, how to simultaneously cherish the closeness and intricacy of the bond while at the same time letting out the raveling string, the red yarn that ties our hearts.

My mother is a patient woman. She is a woman of calm beauty. For years, she taught knitting to adolescents, me included, in Wahpeton, North Dakota. I see her eyes deep and steady in concentration, hear her low voice explaining, feel the light touch of her strong, squared-off and capable fingers. She had seven children by age thirty, has fourteen grandchildren now in her mid-fifties. When the noise and the heat of young lives overwhelm her, she still cans tomatoes. When she was frustrated, she used to press the pedal of her sewing machine flat, sending the needle into a manic frenzy. She never lashed out at a child. That lesson was profound.

I do not have my mother's patience; in fact, I started out writing only poems because I couldn't sit still long enough for longer pieces of fiction. One raw and rainy Baltimore evening, in an apartment that smelled of wet wool, I hit upon the solution to my problem and tied myself to my chair. A long scarf, knotted at the waist, allowed me to finish the first pieces of prose I'd ever done. Rewriting took a double knot. Patience never did come naturally, and even to care for our baby required a skill I did not automatically possess. I had to tie an imaginary scarf around the two of us in dazzling knots. I found it surprisingly difficult, and then one day I was invested my[illegible] ously with my mother's grace.

The night before, I banged my [illegible] on the wall. I cried out. Michael was[illegible] publishing tour, I was alone with [illegible] children, and this was a no-sleep [illegible] for each of them. At four in the mor[illegible] of the fourth night that I hadn't sl[illegible] sat down in front of the phone weepi[illegible] began to page through the direc[illegible] found Emergency, looked for some [illegible] ber to call and even picked up the p[illegible] thinking, "911. My baby won't sleep!

It happened to be a long crying [illegible] nothing wrong physically, just gro[illegible] The next morning, a work deadline [illegible] and past for me, our baby continu[illegible] cry. Then, in my office, with the ba[illegible] her crib next to the desk, I broke thr[illegible] a level of sleep-deprived frustration s[illegible] tense I thought I'd burst, into a dime[illegible] of surprising calm. I know exactly [illegible] that happened. My hand reached d[illegible] trembling with anger, toward the n[illegible] child, but instead of roughly mana[illegible] her, my hands closed gently as a wh[illegible] on her body. At that moment, I wa[illegible] vested not with my own thin, worr[illegible] durance, but with my mother's patie[illegible] knew that was a gift she had given t[illegible] Her hands had poured it into me. [illegible] hours she soothed me and the deep [illegible] in which I had seen her rock, nurse[illegible] comfort my younger brothers and si[illegible]



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n coin placed beneath her child's
redeemable in some extreme moment
n in life. ■

el Dorris and Louise Erdrich, both
s of the National Book Critics Circle
l, are the co-authors, most recently, of
ovel "The Crown of Columbus"
erCollins). Louise Erdrich has just fin-
nother novel "The Bingo Palace," to
olished next winter by HarperCollins.
el Dorris has written a collection of
stories called "Working Men," to be
hed by Henry Holt next fall. The couple
New Hampshire with their children.

Journal Shopping Center

BLACKOUT Pages 170-174 All hair and makeup: Hoyt Salons, Minneapolis. The Hoyt Salons team included Jodi Balma, Brian Duprey, Denny Kemp, Jessica May, Kevin Spase and Chris Wisdorf. All swimsuit prices are approximate retail. Prices may vary depending upon location and store. All suits are available at better department stores; use the style numbers for easy reference. Direct telephone numbers (where available): Robin Piccone Swimwear, call The Jenne Shop, 800-255-1142; Bill Blass Beachwear, 800-223-2468; Miraclesuit by SwimShaper, 213-291-5807; La Blanca, 800-926-7946, ext. 217 or 278. Longitude by robby len, 212-391-2525. 1. Robin Piccone Swimwear, style #3038, 92% nylon/8% Lycra. 2. DKNY, style #820878A, 92% nylon/8% spandex. 3. Anne Cole Collection, style #7566103, 80% nylon/20% spandex. 4. Bill Blass Beachwear, style #2158, 90% cotton/10% Lycra spandex. 5. Robin Piccone Swimwear, style #3034, 92% nylon/8% Lycra. 6. Sandcastle by Cole of California, style #3590313, 80% nylon/20% spandex. 7. Robin Piccone Swimwear, style #3064, 92% nylon/8% Lycra. 8. Calvin Klein Swimwear, style #6902, matte, 80% nylon/20% Lycra; mesh, 70% nylon/30% Lycra. 9. Calvin Klein Swimwear, style #8348, 80% nylon/20% Lycra spandex. 10. Calvin Klein Swimwear, style #1625, matte, 80% nylon/20% Lycra; mesh, 76% nylon/24% Lycra. 11. Miraclesuit by SwimShaper, style #96423, 68% nylon/32% spandex; bra & front, 85% nylon/15% spandex. 12. DKNY, style #820878A, 90% cotton/10% spandex. 13. Calvin Klein Swimwear, style #5849, 92% nylon/8% Lycra spandex. 14. La Blanca, style #3553, 56% tactel/26% nylon/7% spandex. 15. Longitude by robby len, style #3613, 85% Antron nylon/15% nylon spandex. 16. Miraclesuit by SwimShaper, style #35752, 68% nylon/32% spandex; bra, 85% nylon/15% spandex. 17. Calvin Klein Swimwear, style #6352, 80% nylon/20% Lycra spandex. 18. Robin Piccone Swimwear, style #P2030, 92% nylon/8% Lycra. 19. La Blanca, style #3827, 88% tactel/12% spandex. 20. Anne Cole Collection, style #75681D3, 80% nylon/20% spandex. 21. Calvin Klein Swimwear, style #5750; matte, 80% nylon/20% Lycra; lace, 84% nylon/16% Lycra spandex. 22. Miraclesuit by SwimShaper, style #96027, 68% nylon/32% spandex; mesh, 77% nylon/23% spandex; underbra, 85% nylon/15% spandex.

SISTER ACT Pages 160-163 **Joanna Kerns** Interior design, Charles Riley, 212-473-4173, NYC. All carpets, XPS Carpet of Trevira, XPS, 919-944-2371. Master Weave Ultra Touch sheets at Trevira/Main Stevens, 212-930-2617. Pillows, Polarguard fiber, Hoechst Celanese, 212-251-8850. Drapes, Schumacher, 800-332-3538. Down Room pillows, Trevira FR fabric, P. Kaufmann. Queen's Blossom "Monet's Lilies" sheets, comforter at Trevira/cotton, Martex, 212-930-2617. **Donna de Varona** Interior design, Michael Fuller, 212-838-0066, NYC. Loom Room carpet, XPS Carpet of Trevira fiber, 919-944-2371. Eye mirror, La Barge Mirrors, 616-942-1473. Trays, collection Cooper, Tray table, Tell City, 812-547-7349. Silk topiaries and silk landscape garden, Smilax, Ltmtd, Robbia, 212-431-5766. Decorative pillows, Trevira FR fabric, ABC Carpet & Home, 800-888-7547. Curtains, table skirt, striped pillows, Trevira FR fabric, P. Kaufmann. The Bombay Company, side tables, pot and stand, framed prints, 800-829-7789. Fabric on Lucy chairs, Trevira FR fabric, Cedric Damask, Maharam, 800-645-3943. Bulletin board, All sheets, window covering, tablecloth, overlay, cotton/polyester containing Trevira, Wamsutta Home Products, 800-344-2142. Tablecloth, Trevira FR fabric, P. Kaufmann. Wallpaper and border, Faux Finish II Collection, Mary Gilliatt, 215-293-1330. Bed and night tables, Habersham Plantation, 800-241-0716. Prints on wall and star lamps on bureau, The Bombay Company. Lamps and pots on night table, Expressions Custom Furniture, 800-544-4519. Hand-painting on bureau, Laura Mayhan, 212-675-4044. Yellow striped chair covered in Trevira FR fabric, P. Kaufmann. Kitchen Area, wheat sheaf chairs, Habersham Plantation. Tablecloth, Trevira FR fabric, P. Kaufmann. Wallpaper and border, Faux Finish II Collection, Mary Gilliatt. Family Room, Expressions Custom Furniture sofa #3011, ottoman #950, covered in Trevira FR fabric, Boris Kroll for Scalamandre, swivel rocker chairs #1235, Floris in Honeysuckle by Maharam, Habersham Plantation, Ivy Lattice Pembroke table, eighteenth-century cocktail table, The Bombay Company, brass lamp with shade, lion lamp, needlepoint pillow, cachet pots, Accessories, Pier 1 Imports, 800-447-4371. Decorative pillows, Bebe Winkler, 212-838-3356. Five matching pillows, Trevira FR fabric, Baulestrade in Cordovan, Boris Kroll for Scalamandre. XPS Carpet of Trevira, coral mist #177, Patcraft, 800-241-4014.



25 ways to make your MARRIAGE SEXIER

What does it take to keep a relationship exciting and passionate? We asked top marriage and sex experts—including America's sexiest wives, who answered LHJ's own survey. Here's their advice.

By Lynn Harris



Call to say "I love you." Just one quick romantic phone call during the day, even a message on his voice mail, is "all it takes to keep your sex life simmering," says Judy Seifer, Ph.D., R.N., a sex educator and therapist, and spokesperson for the Chicago-based American Association of Sex Educators, Counselors and Therapists. "If you connect like that during the day, you don't feel disconnected when you get home together," she says. "Those little things can go a long way to make our whole lives sexier."

Listen to one another. You may be an expert at the fine art of lovemaking, but the most important skill is the ability to *listen* to your partner. "Everything else is secondary," says Andrew Stanway, M.D., a psychosexual and marital physician, and author of the just-published book *The Art of Sexual Intimacy* (Carroll & Graf). "If you are able to truly listen to each other—really putting yourself aside and listening with your heart—great sex will follow."

Take bubble baths—together. You don't need a heart-shaped bathtub in a honeymoon suite in order to share some sexy suds. According to psychologist Dr. Joyce Brothers, a bubble bath may be a new, exciting experience for your husband no matter where you take the plunge. "He may have been parasailing and skydiving, but he's probably never taken a bubble bath," she says. "Women tend to associate bubble baths with pampering, relaxation and taking care of themselves. Our society doesn't really give men permission to do these things—but a bubble bath does. It gives men a chance to express something that's not ordinarily in their lexicon." And besides, what could be sexier—and more fun—than the two of you in the tub?

Take a walk down memory lane. Remember how hot and heavy your love life used to be? If you bring back some of the things you used to do, your relationship can be steamy once again. "Think back to all your flirtatious, impulsive courtship behavior, and return to what worked for you before," says Helen Singer Kaplan, M.D., Ph.D., director of the Human Sexuality Program at New York Hospital–Cornell Medical Center. If you still *(continued)*



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live in the same area, seduce each other in an old haunt, or steam up the car windows while parking on the old lovers' lane. You'll find all those sparks are still smoldering—and you may kindle some new ones.

Be mischievous. There's nothing wrong with sex as usual, but why not try something different every so often? "Create an exotic world for yourselves now and then," suggests Pepper Schwartz, Ph.D., president of the Society for the Scientific Study of Sex and professor of sociology at the University of Washington, in Seattle. But that doesn't mean you have to pack your bags and head off to the tropics. For busy couples, "exotic" may simply mean a few hours away from work, kids and telephones. "Allow yourself to be mischievous," Schwartz advises. Take a long lunch and meet your husband for a quickie, or borrow the keys to a friend's cabin for an afternoon of romance. Trying these kinds of sexy escapades every now and then will add adventure to your at-home lovemaking.

Indulge in fantasy. "A lot of women don't realize that fantasizing about or during sex is perfectly okay," says Janet Reibstein, Ph.D., a psychotherapist and co-author of the soon-to-be-published *Sexual Arrangements* (Scribners). Fantasizing doesn't mean that something is wrong with your sex life. On the contrary, "It's having a sense of freedom in your relationship that allows fantasy to awaken," she says. "You can use it to introduce novelty into your sex life"—and that's often what keeps things steamy. There's no need for complex plots—"a fantasy can be nothing more than a fleeting idea," says Reibstein. "Simply let your imagination run free. If you decide to share your fantasy with your partner, you'll find that just talking about it can be a turn-on." Be sure to give him the chance to tell you about one of his fantasies, too.

Try a new technique. Just like experimenting with when or where you make love, experimenting with *how* you do it can rescue your sex life from the routine. "Have sex in a position you've never tried before," suggests sex therapist Dr. Ruth Westheimer. "Thinking of new positions together means that you're thinking about one another's pleasure, and that you're taking responsibility for making sex as sexy as it can be." You can't go wrong: While you might discover that variety is the spice of your sex life, you may also rediscover how much you enjoy it the old way.

Reverse your roles. Does one of you usually take charge during lovemaking? If so, then try doing things the other way around, suggests New York clinical psychologist and sex therapist Janet Wolfe, Ph.D., author of *What to Do When He Has a Headache* (Penguin, 1993). "Changing roles expands your repertoire," she says. So if you tend to be more passive, here's your chance to initiate sex, decide on positions and discover new ways of arousing your partner. If you're usually the aggressive one, allow yourself to relax and let go. Chances are, both of you will find the switch exciting—and erotic.

Take him by **surprise.**

Maintaining a spirit of surprise and inventiveness is the key to sensational sex, says Brenda Venus, author of the just-published *Secrets of Seduction: How to Be the Best Lover Your Woman Ever Had* (Dutton). Her favorite surprise scenario: "Show up at his desk, whisper that you're not wearing any underwear, kiss him passionately, say, 'See you tonight,' and leave." He'll definitely be ready for love when he comes home—or maybe you'll both end up taking the rest of the day off! Outrageous, perhaps, but, says Venus, "You can never go too far with the one you love."

Take your time. As you initiate lovemaking, take a few extra minutes to wind down from your day—and to wind up for each other. When you make that transition slowly, "You have a chance to relax and start thinking sexy thoughts," says Maggie Scarf, author of *Intimate Partners: Patterns in Love and Marriage* (Ballantine, 1988). "Otherwise, you're still worrying about getting that report done and reminding yourself to call the window washer," she says. What should the two of you do during that transition time? "Forget about genitals for a while—practice the art of the tender caress," says Scarf. "Remember that every inch of our skin is erotic."

Make love with your eyes open. You're supposed to close your eyes when you're transported by passion, right? Not necessarily. Keeping your eyes open during sex creates an intense connection between you and your partner, according to David Schnarch, Ph.D., sex therapist and author of *Constructing the Sexual Crucible: An Integration of Sex and Marital Therapy* (Norton, 1991). "Opening your eyes gives you a real jolt—you'll realize that sex can be more intimate than you ever thought

Remember that getting there is more than half the fun. "Many people think of sex like a staircase, with each step leading to the next. But unfortunately, they're unhappy if they don't reach the top, and then they forget about all the other steps along the way," says Beverly Whipple, Ph.D., R.N., a sex researcher and co-author of *Safe Encounter* (McGraw-Hill, 1989), and *The G-Spot* (Holt, 1982). "How about thinking of it as a circle, where each point along the circumference is an end in itself?" she suggests. That way, kissing, cuddling and other foreplay will feel just as important as intercourse.

Stop worrying about your flaws. "What gets in the way of good sex is that we're so hung up on our bodies, we're busy trying to hide instead of turning each other on," says Patti Putnicki, author of the forthcoming *101 Things Not to Say During Sex* (Warner). "Kiss his sexy spot, touch his potbelly—celebrate the very things that he probably thinks are his worst flaws." Transforming trouble spots into erogenous zones will make you more comfortable and able to focus on pleasing one another.

Don't expect him to read your mind—or to read his. "There's no man born who knows how to touch a woman until she tells him how," says Ava Young, director of the Masters & Johnson Institute, in St. Louis. "If you don't know how to say it, tell him that you don't know how—and then say it in any way. He'd rather have your guidance than worry about looking inept." While you're at it, ask him what *he* likes. Even if you've asked each other this question before, ask again. Sexual tastes can change with your mood, the time of day, even the weather. "Check it out with each other constantly," recommends Young.

Be playful. "Just have lots of fun together," says Bernie Zilbergeld, Ph.D., a sex and marriage therapist and author of *The New Male Sexuality: The Truth About Men, Sex and Pleasure* (Bantam, 1992). Sheer enjoyment is what gives you the energy that fuels hot sex. Dancing is a great way to generate some of that kind of electricity. Says Zilbergeld, "It's not that far from the dance floor to the bedroom floor."

Talk to each other during lovemaking. Your sex life may be active, but is it all action and no talk? "Many people say, 'Was it good?' or 'All done? Okay, thanks,' but there's so much more to be said," says Samuel Janus, Ph.D., co-author with his wife, Cynthia Janus, M.D., of the recently released *The Janus Report on Sexual Behavior* (Wiley). Instead, try a little body language: "During sex, describe what you're about to do, what you're doing, what you'd like your partner to do, how good it *(continued)*

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feels." This openness, says Janus, "can add an extra dimension of sharing and satisfaction to your sex life."

Give yourself pleasure. Touching yourself will light up lovemaking for both of you, says Susan Crain Bakos, author of *Sexual Pleasures* (St. Martin's, 1992) and *What Men Really Want* (St. Martin's, 1990). Your own pleasure will skyrocket—and what could be sexier than this expression of total freedom and intimacy? He'll be turned on, too: "There's nothing more exciting for a man than an aroused woman," says Bakos.

Build anticipation. When you were first together, the thrill of anticipating sex practically outdid the act itself. That passion is something you need never outgrow. "Prolong [lovemaking] as long as possible," says Shirley Zussman, Ed.D., a sex and marital therapist in New York City. "You can start arousing you[r] even before he's there." Take a w[arm] bath, put on some perfume, conjur[e up] your favorite fantasy. When he joins [you] don't take things too fast. Instead, b[uild] up to lovemaking: Undress one ano[ther] garment by garment, indulge in s[ome] slow, luxurious foreplay. Then, [as] Zussman, "when you feel you're ne[ar] orgasm, slow down and bring you[r] back again to where you were to pro[long] the pleasurable experience."

Advice from America's sexiest wives

Last February, when we published the results of our landmark survey "The love life of the American wife," the respo[nse] was tremendous. Suddenly everyone from Jay Leno on the *Tonight Show* to morning talk-show hosts all over the cou[ntry] were commenting on our survey results.

What we found was that women today are more honest and adventurous in the bedroom than ever before. [And] through in-depth statistical analysis and cross-tabulation, we discovered a group of highly eroticized wives who repo[rt] making love more often and with greater skill than our other respondents. We decided to look more closely at this gr[oup] to try to find out what their secrets are. Below, the characteristics they share and what we can all learn from them:

Be affectionate. Our respondents report that their marriages are still romantic, and that sexuality is not something they save only for the bedroom. Instead, they eroticize their lives with affection. To let their husband know how much they love him, the sexiest wives cook his favorite foods, call him during the day to tell him they love him and write him love notes. Happily, husbands reciprocate with romantic gestures of their own: They bring their wife flowers, call her to say "I love you" and write her love letters. In fact, according to our findings, men are getting more romantic today. In our previous sex survey ten years ago, just 35 percent of women reported that their husband sent them flowers and wrote them love notes; today, 56 percent do. These gestures make both partners feel loved and loving, and keep the spark in their marriage. Says one wife, "Because we are kind and thoughtful of each other at all times, it spills over to make our lovemaking indescribably beautiful."

Every couple can benefit from this kind of nurturing, according to Evelyn Moschetta, D.S.W., a marriage counselor in New York City. "Sex begins *outside* the bedroom," she says. "Physical and verbal affection, helping each other out, coming through for each other—that's what activates the warm, close, loving feelings you take into the bedroom." Telling him how much you love him is especially important, adds New York–based family therapist Bonnie Eaker Weil, Ph.D., author of the forthcoming book, *Adultery: The Forgivable Sin* (Birch Lane Press). "You and your partner should say loving and endearing things to one another for at least thirty seconds twice a day, once right when you wake up and again before you go to sleep," she says.

Make time for love. Busy as they may be, sexy wives make lovemaking a top priority in their relationships. "We put each other first and foremost," says one wife. She, like our other respondents, knows that lovemaking is a habit: The more you do it, the more you like it, and the more you like it, the more you do it. And like it they do: These wives make love with their husbands an average of three to five times a week.

How can you increase the frequency of lovemaking? Schedule time for [it], says Lonnie Barbach, Ph.D., co-author of *Going the Distance: Finding and Keeping Lifelong Love* (Plume, 1993). "Set aside one whole evening a week that's yours alone; don't let anything get in the way. Find a baby-sitter, dress up, go out to eat or get take-out, flirt with each other—even try candles, lingerie, exotic videos—whatever will make it a wonderful event for both of you to look forward to."

Be good to each other in bed. Erotic wives are self-confident—and that's one of the greatest sexual turn-ons. If a woman thinks she's good in bed, then she is good in bed. She also knows that it's important to be just as loving to her partner, telling him he's sexy and exciting. And chances are, he is. Our respondents rate themselves and their husbands as good or excellent lovers. "Making love is a special gift we give to each other," says one very satisfied wife who's been married for seventeen years. "We're just positive that we've got a corner on the market and no one in the world could possibly make love like we d[o]"

Try a little spontaneity. Sexy wives break the rules. Instead o[f] making love only at night after the kids are in bed, they seduce thei[r] husbands (or let him seduce them) when the urge strikes. Some wo[men] say they've called in late for work so they can spend a passionate morning with their partners; others have left a party early to go hom[e] and make love. These sexy couples know that the thrill of giving in t[o] desire—when they should be at work or at a social function—keeps their relationship fresh and passionate.

"Where is it written that sex happens *after* dinner and a movie?" psychologist Carol Cassell, Ph.D., author of the about-to-be-publis[hed] *Tender Bargaining: Negotiating an Equal Partnership with the Man Y[ou] Love* (Lowell House). "What about right now, when you're feeling w[hat] you're feeling, and what about right there on the kitchen counter?" [she] says couples should ask themselves: What patterns have we established? What can we do to jolt them? Explore changes—even small ones—that both of you feel comfortable with.

Be adventurous. The bedroom isn't the only place where the m[ost] erotic wives rendezvous with their husbands. In fact, they've learned [that] getting out of the bedroom is one of the ways married couples can [be] more innovative. Instead of safe sex behind a locked bedroom door, they enjoy being daring and making love in unexpected places: the b[ath] or shower, the living room, outdoors, even in the car.

"For many of us, the naughtiest and most thrilling sex there is is s[ex] that flirts with public discovery," says sex therapist Dagmar O'Conn[or], author of *How to Put the Love Back into Making Love* (Doubleday, 1989) and *How to Make Love to the Same Person for the Rest of Yo[ur] Life* (Bantam, 1986). "It's the secretiveness that makes these public games exciting and that can make us feel closer to one another." She suggests starting with something tame, like a public kiss. If you're re[ady] for something a little more risqué, try advanced under-the-table footsie—the more formal the dinner affair, the better!

Be willing to experiment. The sexiest couples are open-mind[ed]. They don't censor sexual experiences or tell each other what they sh[ould] and shouldn't like. The sexiest wives in our study report using erotic materials—videos, sex toys and sexy magazines—with their husband[s]. And 54 percent report that *both* partners find it exciting.

Learn what pleases you the most. Sexy wives almost alway[s] reach orgasm—usually through intercourse or oral sex. What's the ke[y]? They're familiar with their bodies, they know what pleases them, and th[ey] focus on their own sensuality. And when a wife gets turned on, so does her husband. The more excited she gets, the more excited he gets and the more exciting their relationship is. "We both want to please each other," says one wife. "And our sex life just keeps getting better than ever!"


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Can work friends BE REAL FRIENDS?

You eat lunch and trade gossip with her; from 9 to 5 she's your best buddy. But what happens after work? Here's how to tell if your friendship can—or should—survive out of the office. By Jacqueline Hornor Plumez, Ph.D.

When I was in my late twenties, I moved to New York City and found a job in a government agency working with a group of people just like me—young idealists who wanted to change the world.

Crammed into cubicles together, we learned all about each other's lives and loves, hopes and dreams. Over time, these co-workers began to feel like my sisters and brothers. No wonder. I spent more quality time with them than with anyone else, including my husband.

After three years, I left to have a baby and to pursue my dream of becoming a psychologist. At my going-away party, my friends and I swore to stay close.

But when I went back to visit, I discovered my friends had adopted the person who now sat at "my" desk. They had to squeeze in an extra chair for me at "our" regular lunch table. Everyone was talking about a project I knew nothing about, and they didn't seem particularly interested in the new focus of my life: my baby and school. It was painfully obvious that there was no room for me anymore.

Why did that hurt me? Because we live in an age when the friends we make on the job may be the only friends we have time to make. According to a recent poll by Louis Harris and Associates, work pals—and work itself—are playing a bigger role in our lives than ever before. Since the mid-seventies, Americans have been spending more and more time at the office. In fact, the Harris poll shows that after work, chores, sleep and commuting, we have only seventeen free hours a week. Then, most of us are so exhausted, we pop a movie in the VCR and collapse on the couch instead of joining a community group or inviting the neighbors over.



Sometimes we don't even *know* the neighbors. In our mobile, work-oriented society, the office has become our community. When we want companionship, we stroll down the corridor, just as our grandmothers strolled down the street to a neighbor's house.

The many faces of friendship

My own experience with work friends later led me, as a psychologist and a career counselor, to research whether friends at the office are somehow different from "real" friends. What I found is that there are different *kinds* of pals that can be made in offices: real and enduring friends, work friends whose greatest bond is the job, and network friends. It's important to know the difference, not only to avoid hurt feelings, but because careers have been destroyed by trusting the wrong kind of friend.

Real friends have strong and deep connections to each other. Rather than just one thing in common, you have many shared interests and values. You care for each other; if you're in trouble, your friend is there to help. Also, real friends can trust each other. If you share your mistakes and doubts with her, you know she'll never use that information against you. It's especially hard to have that degree of trust at the office when your colleagues are in competition with you for raises, clients or promotions.

Work friends are great companions. They make it fun to come to the office every day. You enjoy their company so *(continued)*

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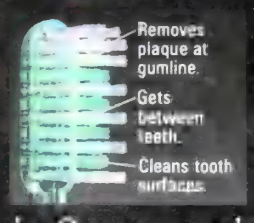
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friends

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surface. That's because work friends
often in competition, and competi-
can bring out the worst in people.

Karen, a thirty-eight-year-old person-
consultant, is still troubled by "a situ-
n that turned ugly," even though it
pened several years ago at a former
"Joan and I sat next to each other all
long, so we got to know each other
y well," Karen says. "I thought we
e friends." In fact, Karen trusted Joan
ugh to tell her about the relationship
was having with a male colleague.

Then their work situation changed.
an had been with the company longer,
she thought that eventually I'd be re-
ting to her," says Karen. "But I started
ting a lot of glory because I was doing
well on several assignments. So Joan started talking to the general manager behind my back, telling him I was having an affair with a colleague, and that I had done my work improperly. How could a friend do that?"

What Karen, who ultimately left her job, didn't realize—until it was too late—was that Joan's desire for success diminished her ability to be a true friend. When she confided in Joan, Karen assumed her friend wouldn't use this information against her. That was simply too much to expect from a work friend who could take advantage of such knowledge.

Protecting yourself

So how can you keep yourself—and your career—safe from work friends who turn out to be not so friendly after all? Follow these important rules:

- Don't be afraid to make friends on the job. But be discreet about revealing things about your personal life that might make you appear unstable or untrustworthy.
- Beware of disclosing professional mistakes or misgivings to co-workers who are in competition with you for raises, promotions or clients.
- Be friendly to those who can help your career. This isn't "brown-nosing"; it's letting the right people get to know you and your work.
- Get to know people at all levels of your company. This gives you a broad knowledge of your firm and provides you with a helpful network in your office.
- Stay in touch with friends who move to competing firms or other areas in your field. These connections can help if you ever want to leave your job.
- Try not to let work friends be your only friends. Take time to make friends outside the office, too.
- Develop non-job-related interests—tennis, joining a community group or taking a class together—with your work buddies. Sharing activities is a good way to turn office friends into real friends. ■

Jacqueline Hornor Plumez, Ph.D., is a psychologist and career counselor in Larchmont, New York.

TELL US WHAT YOU THINK

We'd like to hear your thoughts on friendship. Do you have a best friend? Lots of friends? Tell us, in five-hundred words or less (typed, double-spaced), about the friend(s) in your life and how you feel about them. Send your story to Box F, LHJ, 100 Park Avenue, New York, NY 10017. Enclose a photo of yourself and your friend(s), if you'd like. Be sure to include both a home and work phone number where we can reach you. Unused photos and stories cannot be acknowledged or returned.

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A startling report on WOMEN AND DIVORCE

Divorced women fare badly in life, right? Wrong, says a landmark study. Many women emerge from divorce smarter, happier and more confident than they were during marriage. By Christopher L. Hayes, Ph.D., Deborah Anderson and Melinda Blau

Being a good wife and mother meant everything to Lorraine Feldman, even if it meant that she was sacrificing her own identity in the process. It hurt to realize that her three children, nineteen, seventeen and fourteen, didn't need her as much as they once did. But when her husband, Marvin, walked out on her after twenty-two years of marriage, Lorraine was crushed.

To her credit, though, Lorraine instinctively began to heal. When Marvin left, she upped her hours as a part-time realtor, knowing that keeping busy would help her through the long days. Sadly, she got scant support from most of her old friends, who were still married. So she made a new friend—a woman in her office who had also gone through a divorce.

The ups and downs of a four-year legal process, the wrangling over money, and the *(continued)*

THE WAY WE ARE How a woman copes with divorce depends on what kind of person she is and the kind of marriage she had. Researchers have identified four types of wives:

TYPE	WHAT SHE'S LIKE DURING MARRIAGE	HOW DIVORCE CHANGES HER
The Pauser	She thought marriage would bring her total happiness. She has no separate sense of identity, and she always puts her family's needs before hers.	At first, she may be devastated by the breakup of her marriage. But slowly, she faces her feelings and finds her own identity.
The Slow Motion	At the beginning, she believes in the fairy-tale image of marriage and motherhood, but later, she wonders what's missing. She starts doing things for herself—getting a job, going back to school—to fill the void.	She feels good enough about herself and her accomplishments to build a new life—although she may need a push to get started.
The Rewinder	She tries but never quite fits into the traditional mold of the good wife. She's impulsive and may experiment with behavior—an affair, alcohol, drugs—that she'll later regret.	She's not afraid to take risks. Although she may use destructive coping strategies to get through the rough times, she usually comes out stronger in the end.
The Player	She's independent and has a strong sense of identity. She knows how to give to others without sacrificing her own needs.	She comes to terms with the past. She makes decisions about her new life only when she's ready. She's confident and in control.

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Women and divorce

continued

emotional trauma proved painful and exhausting. But during this time, Lorraine was also reawakening aspects of herself that had been repressed in her marriage and rediscovering the girl she'd left behind. When she went mountain climbing by herself in Colorado—something she never would have had the courage to do if she'd still been married—she knew she'd survive the divorce and make it on her own.

In many ways, Lorraine, fifty-four, is the personification of our groundbreaking research project, "Divorce After 40," conducted by the National Center for Women and Retirement Research at Long Island University, in Southampton, New York. To find out how mid-life and older women adjusted after divorce, we surveyed approximately 350 women from all over the country. Married an average of twenty-three years, their median age at the time of divorce was forty-five. They had two children whose average age was twenty, and 65 percent were employed.

What we discovered may surprise you. First and foremost, our findings show that divorced women at mid-life defy society's assumptions: *Psychologically and socially, the vast majority of women thrive in the face of divorce.*

What's more, our survey results contradict the most widely held beliefs about divorced women:

Myth #1: It's too late for women to change if they're divorced and over forty. Not only do they change their lives, but these women actually become more adaptable as they age. Instead of retreating from life, an overwhelming 82 percent of our respondents experienced a renewed sense of independence and confidence in their ability to survive tough times, and the vast majority (80 percent) discovered a more positive self-image and higher self-esteem after divorce.

Myth #2: Divorce debilitates women and causes them to lose control over their lives. On the contrary, nearly two thirds found that the process inspired them to take control of their lives for the first time. They were able to redefine themselves and, in the process, reawaken their own hopes and dreams. The energy formerly invested in their marriages and the nurturing once lavished only on husbands and children is refocused on developing self-reliance and a strong sense of identity.

Myth #3: The dream of every divorced woman is remarriage. Divorced women *rarely* dream of remarriage. Although 50 percent of t survey respondents say that the harde part of being suddenly single is the lo of sharing a life with someone on a dai basis and having a regular companion f social events, 75 percent place a hig premium on privacy and independenc Instead of wanting to remarry, the women want the time to get to kno themselves.

Many, in fact, fear losing their ne found independence to a second ma riage. Of the women between ages for and forty-four, 29 percent prefer to r main single, and that percentage increa es with age—to 41 percent for forty-fi to forty-nine-year-olds, and 46 perce for fifty- to fifty-nine-year-olds.

Myth #4: When women divorc sex is no longer part of the lives. One third of the women in o study experience more sexual enjoyme after divorce. It's not surprising that s becomes a more important and more sa isfying aspect of their lives: The majori did not experience sexual enjoyment *du ing* marriage! Many came from sexual repressed backgrounds, and all were i fluenced by a culture that exhorte young women to be "good girls."

Myth #5: Divorced women a lonely. Most divorced women a anything but lonely. Although almo half of our respondents cite "growi older alone" as the hardest part of b ing divorced, an equal number beg dating again. More important, ma stop defining themselves in terms their relationships with men. Instea they seek the company of other wo en, and embark on new relationshi that support their new lifestyle Eight out of ten feel that fema friends are more helpful than any ot er source of support.

Myth #6: Divorced women fe old age. Certainly, some women wor about getting sick, living alone and su viving financially, but such concerns a not paramount. When asked, "When y look ahead to your retirement year what do you see?" nearly half answer "good health and productivity" a "more time with family." Seventy pe cent envisioned "involvement in interes ing activities." But only one out of t said "sickness and dependency." We s pect that women's fears about aging a moderated by the exhilaration of findi new lives after divorce.

While the actual event of divorce m create chaos, hurt, confusion, anger a loneliness, the process of divorce can l a surprising milestone in adult develo ment, one that forces women to come terms with their own identities. Of a life's crises, divorce is the only one th forces women to stand on their own, us ally without the societal support accor ed widows. When *(continued on page 10*

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Women and divorce

continued from page 100

the judge's gavel falls, every woman faces a totally new beginning. And though distress and anxiety are par for the course for even the best-prepared, divorce ultimately compels most women to rediscover themselves.

Starting over

Our study found th[at] how a woman sees herself within the marriage affects this rediscovery process. The stronger her identity in marriage, the smoother her rediscovery after divorce. Conversely, a woman who flounders after divorce is usually one whose emotional development was arrested or stunted during her marriage—a woman who has a poorly defined identity and low self-esteem.

Based on this finding, our study isolated four predominant types of women, who handle marriage—and divorce—in very different ways:

■ **Pausers** put their lives completely on hold, forsaking their needs for those of their families. They have virtually no sense of separate identity. The beliefs they held as teenagers—about love, children, friendship, themselves—are often carbon copies of their mothers' beliefs. For these women, divorce comes as a complete shock. Afterward, they move slowly, taking time to sort out their feelings. The danger is that they can remain in a state of denial for years.

Take the case of forty-eight-year-old Kathryn Mason. Nearly a year after Jerry, her husband of t[wenty] years, had walked out, but Kathryn [still] wore a diamond engagement ring [and] wedding band. "He *is* coming back, [she] declared. "This is just a phase." [Like] many Pausers, Kathryn was not [willing] go easily. She had married Jerry [for] ambition and drive. His success [was] she had made it too, and she defined [her] self through him. Even when Jerry [became] jealous, controlling, abusive and [unfaith]ful, Kathryn clung to her marriage, building a wall of denial.

For some Pausers, the day of reckoning comes when their husbands l[eave]. Others, like Kathryn, take longer. [The] breakthrough finally happened when [she] started seeing a therapist and for the [first] time dealt with her anger at Jerry. Even[tu]ally, she took up painting—an interest her husband had forced her to give [up] during their marriage.

■ **Slow Motions** represent the most pervasive pattern in the study. These women who believed in the fairy tale first. For example, as Joann Cress danced with Tony, her new husband, at their wedding, she remembers thinking, I finally be taken care of. But like other Slow Motions, Joann lost her individual identity in the Mr.-and-Mrs. shuffle of marriage and motherhood. Eventually, she was unable to repress the discontent she felt for her domineering husband. Joann, [now] eight, now realizes that her metamorphosis began the day she found out Tony was having an affair—his second. "I figured this was the way Tony was going to be. That was when I started working on myself." She made some changes within the marriage, taking a course in women's rights, opening her own bank account, landing a part-time job. Eventually she asked Tony for a divorce.

Although Slow Motions are primarily concerned with their families, these women, like Joann, take small, hesitant steps to become independent and nurture their own identities during marriage. If divorce does come, they are better prepared to cope with its chaos.

■ **Rewinders** never make peace with becoming the traditional wife. They always felt a little out of sync with their more domesticated peers; most have married but more because it was "the thing to do" than because they enjoyed the role of parent. Like Slow Motions, they explore new options and search for ways to nurture themselves during marriage, but they may act impulsively. Sometimes the experimentation—be it physical, sexual or spiritual—leads Rewinders into bad relationships, affairs or promiscuity, or overindulgence in alcohol or drugs. The aftershock of such behavior plagues most Rewinders for years, but the mistake[s] are

st, *theirs*. "I know I got into serious
le with drugs and alcohol after my
ce," says one woman, now a member
coholics Anonymous, "but, in a
ge way, I believe that going wild got
where I am today—willing to face
e as a sober person."

ayers are independent women who
a strong sense of identity—they
who they are and what they believe
relationships, they are able to give
ners without sacrificing their own
. They look for men with like quali-
who will support their growth and
they will support in return. If they
t divorced, they instinctively know
need to give themselves time to
to terms with their past and make
ions about the future. Many already
good jobs or enough money initial-
they don't have to go out to work
ie first time or make otherwise sud-
changes. These women clearly feel a
er level of control over their lives by
g things slowly.

ot surprisingly, hardly any of our re-
dents could be described as Players
ng marriage, but eight out of ten,
her they started out as Pausers, Slow
ons or Rewinders, fit the description
Player a few years after divorce.

aring the path to iscovery

ing go after divorce—and under-
ding that you can make it on your
—isn't easy for women. What can
e who are contemplating or coping
divorce learn from our study? Our
ondents found many different ways
ke that courageous first step, and to
tually become Players. Here, some
eir strategies:

/our problems. Opening up to oth-
-and getting feedback—lets women
themselves in a new light. Indeed,
ng was the remedy most frequently
tioned by our respondents.

**ognize that you have your own
tity.** This realization comes slowly
many women. It may help to make
mbolic gesture of separateness,
as listing your own name in the
ne book.

something for yourself. If you, like
many women in our study, have al-
s defined yourself by what you do for
rs, doing something for yourself can
major step forward.

**your energy for your work (or go
k to school).** Our respondents say
work is a great emotional stabilizer,
use it keeps them structured and oc-
ied. In the same way, returning to
ol can keep you focused on a con-
e, positive goal.

new challenges for yourself. In
first two years after divorce, women
n ask themselves, for the first time,
hat do I want to accomplish for my-



self?" Some take up hobbies, learn a new craft or sport. Forty percent of our respondents find that exercise reduces stress and gives their self-esteem a boost.

Dollars and nonsense

Unquestionably, though, the most important step of all is to look after yourself financially. A striking 88 percent of our respondents worried about money in the first year after divorce; five years later, nearly 70 percent still cite money as a pressing concern. More than half report difficulty paying mortgages, making repairs and paying utility bills.

Many respondents emerged from their marriages without any training or knowledge about money: 28 percent don't even know how to write a check; 65 percent don't know how to fill out a tax return; 46 percent don't know how to apply for credit; and 80 percent have no investment knowledge. So when they're pitted against a legal system that doesn't take their needs into account, many women are left destitute in the wake of divorce.

Many of our respondents realized only in retrospect that having no access to money and no understanding of family finances virtually stripped them of power in their marriages. Confusing cash with caring also caused some of them to maintain delusions about their marriages. They longed for emotional contact from husbands who didn't know how to express their feelings, but they *(continued)*



allowed themselves to be comforted by material things instead.

"I thought that meant he cared," says Joann Cress, admitting that she was soothed when the husband who cheated on her bought her new furniture or jewelry.

During the divorce process, women's insular attitudes about money put them at another disadvantage. Despite reformed divorce laws (some form of no-fault divorce laws exist in every state), the legal system tends to disregard the fact that women, especially older women who haven't built up careers, are *not* equal to their husbands. Many judges now assume that all married women are employable and capable of being self-sufficient, but mid-life and older women do not have their husbands' capacity to earn money or the ability to manage it, especially if they have been out of the work force for years. Finally, judges sometimes require all assets to be liquidated, including the family home, which few women can ever replace.

No wonder most of our respondents complain that there is a gap between what they wanted and what they were awarded. For instance, 60 percent wanted a secure living arrangement, but 64 percent were forced out of the family home; half wanted compensation for the years they put in as wives and mothers, but slightly more than 12 percent got that in their settlement.

One bright spot: Our study confirms that even though some respondents didn't get the settlement they wanted, distress about money does drop over time. We suspect that's because women gain confidence in their ability to take care of themselves and begin to put their money problems in perspective—as just one part of the overall challenge of forging a new identity.

Getting what they want out of life

In the end, despite the uncertainty over money and the emotional ups and downs, most of our respondents see divorce as a positive step forward. For many, it is the first time that they dare to ask themselves what they want out of life and then actually pursue their dreams.

The overwhelming majority of our respondents (84 percent) report that they are better off after divorce than they were before. They manage to break away from long-entrenched roles and self-perceptions. They become more confident and develop a willingness to meet new challenges. In short, these women report they have grown up. Although it may have taken years to get there, they have finally found themselves.

What every wife must kn about money

Whether or not your marriage is in t ble, you can and should prepare your for the possibility that you may be a someday. Follow these tips from the spondents in our study:

Value your contribution to marriage. Many women don't va their role in home management or c care, because society doesn't. Thus, fail to grasp that their husbands' b accounts, proceeds from businesses pensions contain their money too. K what's rightfully yours. Insist your n be on bank accounts and property dee

Understand your own financ As our respondents divorced, more t half had no idea what kind of proper jointly owned; and a third didn't ha clue about bank and credit accounts.

Make yourself an expert on your fa ly finances and property, and be s that you and your husband make fi cial decisions *together*. Apply for a cr card in your own name, so you can b up your own credit history.

If your marriage is in crisis, your homework. If you suspect your marriage is ending, begin to pare: Learn all that you can about rules and regulations of divorce; then cide what your needs will be and w assets you will want.

If you're in the process of divo ing, don't settle too fast. About our respondents report that they set too quickly because they wanted to the pain, and a quarter did so beca they lacked information about their bands' finances. "Don't be pushed i anything because you're unhappy, of it all, and want to end the unpleasa ness," one woman advises.

Christopher L. Hayes, Ph.D., an assoc professor of gerontology at Long Island versity, in Southampton, New York, founder and director of the National Ce for Women and Retirement Research, he the "Divorce After 40" study. Deborah Ande son was research coordinator of the stu Melinda Blau is an award-winning journa

FOR MORE INFORMATIO

The American Association of R tired Persons (AARP) offers a sev to eight-week national money-ma agement program for women. The c is about $20. For a program locati near you, write to The Women's Fin cial Information Program, AARP, 60 E Street, N.W., Washington, DC 2004

The American Academy of Ma monial Lawyers offers referrals to divorce attorneys across the coun Write or call them at 150 N. Mic gan Avenue, Suite 2040, Chicago IL 60601; 312-263-6477.

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Little symptoms that can mean BIG TROUBLE

Is it a bump or a lump? A minor pain or a life-threatening problem? Our guide will help you find the answer. By Nadia Zonis

Most people don't hesitate to call a doctor when they're in pain or have other obvious danger signs, such as profuse bleeding or a high fever. But more often, the body's warning signals are subtler, and it's hard to know if a symptom should be allowed to simply run its course or if a physician's expertise is necessary.

Below, from irritated eyes to swollen ankles, a guide that will help distinguish a minor annoyance from a potentially major health threat.



EYE SYMPTOMS

The eyes are very delicate, so if you have any pain, vision disturbances, severe redness or irritation, consult an ophthalmologist. This advice is especially important for contact-lens wearers, who are more susceptible to vision-threatening infections, says Maurice F. Rabb, M.D., medical director of the National Society to Prevent Blindness and a professor of ophthalmology at the University of Illinois, in Chicago.

If your eye hurts, it could be . . .

A foreign object. Even the tiniest piece of dust or mascara can cause considerable pain. Try rinsing out the particle by using an eye bath (available at drugstores) or opening your eye under the surface of a filled sink or bowl of water. Particles that can't be rinsed, or those such as flecks of glass that may do serious harm, should be taken out by a doctor.

A scratch on the cornea (the eye's transparent coating). This can cause severe pain and ultimately damage your vision if it's not properly treated with an antibiotic eyedrop or ointment to prevent infection. An eye patch will probably be used to immobilize the lid so that the scratch will heal.

Corneal edema, or swelling of the cornea, which can occur if contact lenses are left in too long or if they're not cleaned properly. This condition causes pain and blurred vision, and is treated in the same way as a scratch.

If your eye is irritated or red, it could be . . .

Dry eye. This condition is caused by an inadequate supply of tears and is more common in women than men, especially after menopause. "Dry eye is frequently the first sign of other disorders, such as rheumatoid arthritis," says Rabb, "so it should be evaluated." Several medications, including some antidepressants, can also trigger the problem. Over-the-counter (OTC) artificial tears help coat and lubricate eye membranes.

Conjunctivitis, (pinkeye), characterized by red eyes, tearing, itching, burning and often a discharge. Conjunctivitis affects the conjunctiva—the lining of the eyeball and the lids, explains Rabb, and there are three different kinds:

Allergic conjunctivitis. Frequently, itchiness and redness is caused by allergies to pets, cosmetics, perfume, molds, dust or pollen. A doctor can prescribe anti-allergenic medications.

Bacterial and viral conjunctivitis. Both of these are extremely contagious. Bacterial infections usually cause a whitish discharge, and are treated with antibiotic

(continued)

drops or ointment, and sometimes steroids to reduce the inflammation. There's no treatment for viral conjunctivitis, which usually causes a lot of tearing, but antibiotics are often prescribed to prevent a secondary bacterial infection, along with medication to soothe the eye. To avoid spreading either condition, wash your hands after touching the eye, and avoid sharing towels, soap, eye cosmetics or medications.

A blood spot on the eye, known as a subconjunctival hemorrhage, caused by a ruptured blood vessel. Though it looks alarming, it will fade gradually and requires no medication.

If your vision is distorted, it could be . . .

A detached retina (the lining of the inside of the eye). If you see flashes of light, spots, or a veil that blocks part of your vision, call an ophthalmologist immediately. A retina that's not surgically reattached can result in blindness.

Cataracts, opaque areas of the eye's lens, which cause a gradual loss of vision (like a fog or haziness) over time and can lead to blindness. Cataracts can be corrected with surgery.

Macular degeneration, a type of vision deterioration that can happen in people over sixty-five and is characterized by abrupt or gradual vision loss. In a small percentage of cases, damage can be repaired with laser surgery.

BODY BUMPS

"A bump that hurts and appears suddenly is most likely caused by injury or infection. But something that's painless and slow-growing could be a benign or malignant tumor," says Isadore Rosenfeld, M.D., a clinical professor of medicine at New York Hospital–Cornell University Medical Center and author of *The Best Treatment* (Simon & Schuster, 1992). In either case, Rosenfeld says, "Any mass should be checked out by a doctor if it doesn't go away in a couple of days."

If you have a growth, it could be . . .

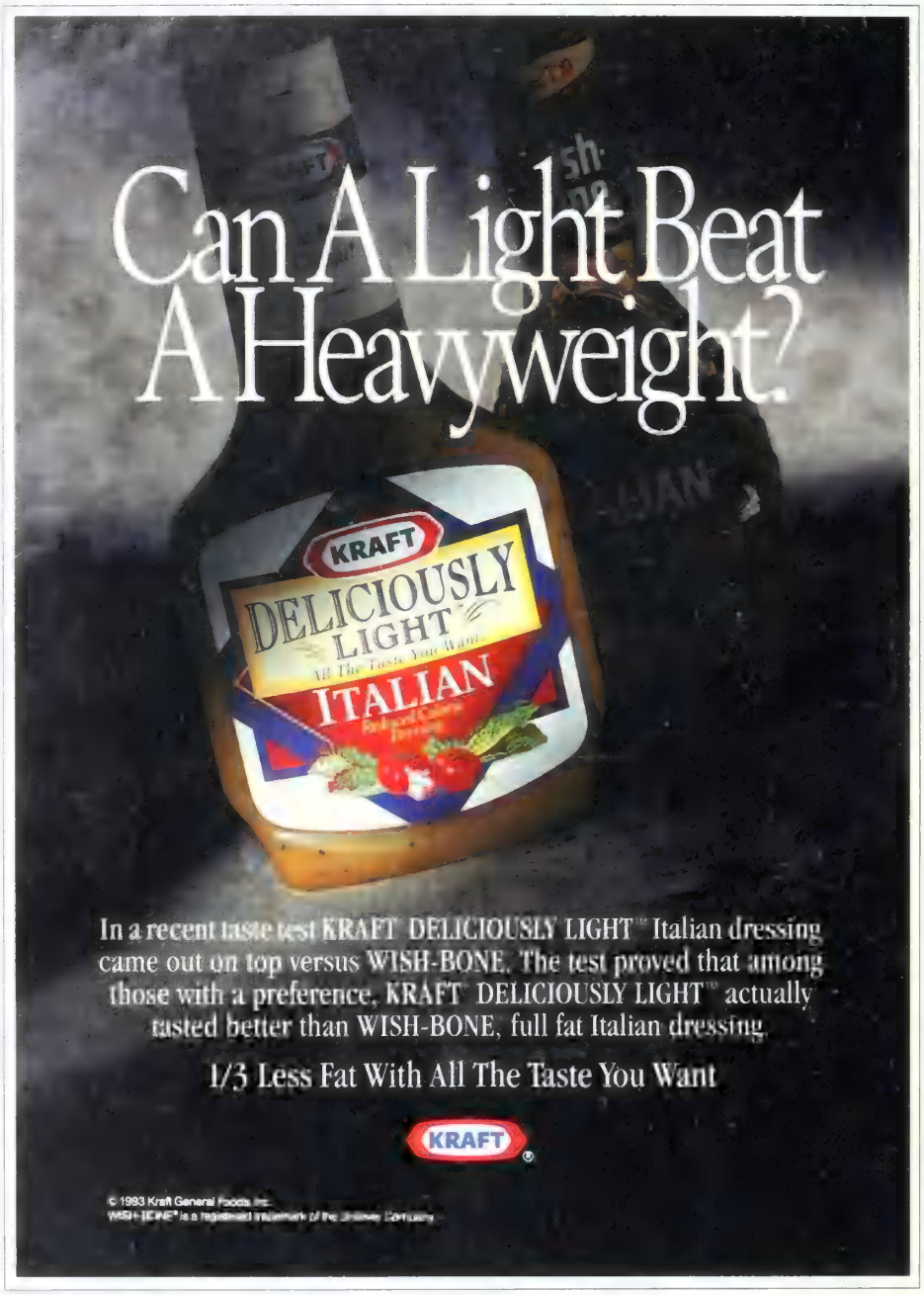
A boil, a painful, red bacterial infection of a hair follicle or sweat gland. To bring a boil to a head, apply a warm washcloth for twenty minutes three to four times a day. Boils are contagious—if you get them frequently, a doctor may prescribe antibiotics for you and those you're in close contact with.

A sebaceous cyst, caused when a hair follicle is blocked by dead cells. Firm and movable, these cysts are dome shaped, skin colored and painless and most often appear on the scalp, ears, face or back. They don't need to be drained by a doctor unless they become infected (then they'll hurt and turn red) or you want them removed for cosmetic reasons.

A fibroma, a lump made of collagen, the primary ingredient of skin. These are grayish, painless, and frequently found on the legs and can also be removed.

Swollen glands. Also called lymph nodes, these bean-shaped organs are clustered in the neck, groin, armpits and abdomen. They act as filters and trap invading viruses, bacteria or cancer cells, causing swelling in an enlarged gland that feels tender. This probably indicates an infection or allergic reaction, but if it's hard and painless, it may be malignant.

Cancer. According to Daniel Nixon, M.D., vice president for professional education at the American Cancer Society in Atlanta, "A tumor that can be seen or felt is almost always a late sign of cancer." A malignant tumor is usually to feel harder than a benign mass, and will not move as freely. It may cause pain, depending on its location, and the skin around it may be discolored.



BREAST LUMPS

These are very common and, according to the National Cancer Institute (NCI), 80 percent are benign. "If you find a lump, have it checked out by your family doctor or gynecologist," says Claire Carman, M.D., a breast surgeon in Norfolk, Virginia. "Remember to do monthly breast self-exams to familiarize yourself with how your breasts feel so you will be able to recognize any change."

If you find a lump in your breast, it could be . . .

Normal hormonal changes. During the menstrual cycle women may notice some changes in the texture of their breasts, a woman says. Lumps that appear *(continued)*

SPECIAL ADVERTISING SECTION

Writing, Reading and CREATIVITY

CHRYSLER LEARNING CONNECTION

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SUPERSTOCK

KEEPING YOUR CHILD'S CREATIVITY ALIVE

Who turned Judith Viorst's book **xander and the Terrible, Horrible, No od, Very Bad Day** into **Alexander and Marvelous, Magnificent, Hunkydory, ine Day?**

Third-graders at Nall Hills Elementary ıool in Overland Park, Kansas, that's who. ey did it when their teacher, Raena Borth, llenged them to turn Alexander's astrous day into the best he ever had.

Turning Alexander's catastrophes into s wasn't easy. But it was fun. And if that sn't payoff enough, with help from parents, rth's students saw their versions of Viorst's popular story typed up, illustrated and bound. "Publishing is a real plus when it comes to encouraging kids' creativity," Borth says. "The kids think a little more about what they're doing, giving creativity time to surface. And seeing and sharing their work in print just fuels more writing."

Across the nation, teachers—sometimes teamed with parents—are using their imaginations to promote creative thinking. And that's good news, says Teresa Amabile, a psychology professor at Brandeis University and the author of **Growing Up Creative: Nurturing a Lifetime of Creativity.**

"Encouraging creative thinking in children prepares them for lifelong problem solving," she says. "And people are more likely to do creative work as adults if they develop the skill and the motivation for creativity as children."

Fueling this new emphasis on creativity in the classroom is the realization that innovative thinking isn't something only artists do. "Creativity is essential for all of human progress," Amabile says. "It's not all you need, but it's an absolutely essential

Continued on page A10

Protect Your Child from the 5 CREATIVITY BLOCKERS

Forces are at work everywhere, seeking to bottle up our children's creativity. Here's some preventative medicine, courtesy of Teresa Amabile, a psychology professor at Brandeis University and the author of **Growing Up Creative: Nurturing a Lifetime of Creativity** (Creative Education Foundation, 1992).

Q: What can we do to make sure we don't **discourage** our children's creativity?

A: Minimize the effect of what I call the "creativity blockers." Wherever these factors are strong—in classrooms, offices or homes—creativity suffers.

Q: Can you describe them?

A: The first is **evaluation.** Kids who are overly focused on how their work is going to be evaluated tend to be less creative. The second culprit, related to evaluation, is **surveillance.** People are less creative if they

Continued on page A2

WIN $1,000 FOR YOUR LOCAL SCHOOL LIBRARY



Visit your local Chrysler-Plymouth, Dodge or Jeep-Eagle dealer and you'll qualify for a free video—*Learn at Every Turn.* And that's not all. Any grammar school you designate has a chance of winning $1,000. See page A11 for details.

Dear Parent:

In the global marketplace, innovation is the key to success. Companies that fail to come up with new ideas and better ways of doing things end up followers. And so do nations.

How can we keep fresh ideas flowing into America's economy? One sure-fire way, at home and at school, is to make more time for reading and writing—activities that excite the imagination.

As a parent, your enthusiasm is critical. "The more you and your child's school do to encourage a love and excitement for learning," explains Beth Hennessey, an expert on creativity, "the more you will help your child reach his or her creative potential."

That premise inspires this special section, the third and final one in our series on school-home ties. Other parts of our program, the *Chrysler Learning Connection,* include a free video and booklet for parents, a teaching kit for elementary school classrooms and grants to school libraries.

Two splendid educational organizations helped us prepare this package. One is the American Federation of Teachers (AFT). The other is the Association for Supervision and Curriculum Development (ASCD). Together, we hope to focus your attention on the basics: helping our children use the written word as a springboard to creative, fulfilling lives.

Robert J. Eaton
Chairman,
Chief Executive Officer
Chrysler Corporation

5 CREATIVITY BLOCKERS

continued from page A1

feel they're being watched all the time. Third is **reward**. People are most creative when they're doing something for an internal reward—the challenge or sheer fun of it.

Q: External rewards like money or applause dampen creativity?

A: Absolutely. Doing any task is like trying to get through a maze. One way to get through is to take the path you've always taken. The other is to take some risks and explore—be creative. But if you're worrying about a reward or an evaluation, you're going to avoid risks and take the most straightforward path.

Q: What about competition?

A: Competition is the fourth creativity blocker. Children and adults tend to be less creative if they find themselves in win-lose situations. The final culprit is **restricted choice.** People given little freedom to decide how to do something will be less creative

Q: This all sounds the way many schools are run.

A: Exactly. It's also the traditional approa to business management. That's why it's impossible to wipe out these creativity blockers. Still, you can reduce their effec If you think your children are doing thing in school in a very stifled, uncreative way encourage them to take more risks outsi of school. Also, try to foster an atmosphe in which your children can discover their passion. Children are most likely to be creative in areas that excite them.

Teach the MAGIC OF WRITING TO YOUR CHILD



Is your child interested in spaceships? ls? Sports? Whether the interest is a ‹er or an obsession, it provides an ›ortunity for stimulating creativity and for ping your child learn to write.

So says Lucy McCormick Calkins, hor of **Lessons from a Child** einemann, 1983) and **The Art of Teach- Writing** (Heinemann, 1986). "Take kids' rests seriously," she says. "Realize that ession is the mark of a creative thinker." kins suggests four ways to foster a sion for writing in your home:

✶ **Carve Out Space for Dramatic ıy.** All kids need a place to play, a corner y can take over and turn into whatever y want—a bank, a post office, a library, a seum. Here, too, is where you can ›ourage your child's earliest writing. If your child has created a museum to showcase backyard treasures, for example, offer tagboard so that he can label displays. Make paper, markers and small squares of cardboard available so he can design brochures and visitors' tickets.

✶ **Publish Books.** Kids love to make things, including books on sports scores, backyard bugs or family. Encourage your child's interests along these lines by supplying him with inexpensive bookmaking materials, from paper to press-on letters.

✶ **Read to Write.** If you want to encourage your child's writing, read to her. Deepen her reading experiences with books that relate to each other. As children pick up on patterns and language, they'll be inspired to create stories of their own.

✶ **Note It.** Encourage your child to keep a writing notebook—a place to gather the precious particles of life that may later become significant pieces of writing. Writing notebooks are places to record incidents and moments, to gather pieces of conversations, interesting clips from newspapers and meaningful scraps. Every now and then, review these jottings with your child. Discuss which ones might be shaped into stories and poems.

Parents Speak Out

Parents of elementary school students think that reading, math and computer savvy will be far more important to their children's success than writing. Teachers, on the other hand, call writing more important than either math or a knowledge of computers.

This disagreement was uncovered by the **AFT-Chrysler Report on Kids, Parents and Reading,** a nationwide study conducted by Peter D. Hart Research Associates. Backing writing skills, a Louisville teacher said: "If you can't express yourself in writing, you're probably not thinking very clearly. It's a way to order thoughts." Added a teacher from Spring Valley, New York: "Students don't really have a lot of writing experiences at home. I think there should be more."

To help parents emphasize reading and writing at home, Chrysler Corporation is offering a free video and booklet designed to encourage family learning activities. Both describe dozens of ways you can help your child develop a facility—and love—for language. See page A11 for details.

Introducing an American car that breaks the rules by giving you more for less. The roomy new Acclaim is priced $1,700 less than the Honda Accord yet it offers over 50 standard features—including a driver's-side air bag, power steering, child protection door locks and dual remote mirrors. The new Acclaim is also available with six-passenger seating, ABS brakes and a powerful V-6 engine. All combined with a stylish new grille and standard tinted glass. The result is a beautifully designed car for the road and for your pocket book. So visit your Chrysler/Plymouth dealer today. Or call 1-800-4ACHRYSLER for purchasing or leasing information. After all, what rule says you can't get more for less?*



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ds, an exception to the rule.

TEACHING NEW TASKS:

Timely Tips

Teaching your child something new while leaving room for creativity is tricky, but it can be done. Here are some tips from Doris Shallcross, Ph.D., author of **Teaching Creative Behavior** (Bearly Ltd., 1985).

- **Don't** be a sage on the stage. Provide support and materials. Then get out of the way!
- **Do** tell children it's OK to make mistakes—and mean it.
- **Do** let your child try to find his own answers. Offer a learning structure that provides freedom for your child to express opinions.
- **Don't** criticize your child. Instead, you might say, "Let's wor with this idea and expand it." You help your child discover for herse which parts of an idea need rethin
- **Do** ask questions that pro beyond facts. Questions that begi with "What do you think about . . . "What might happen if . . ." bring creativity to learning and allow yo bit of insight into your child's crea thought process.

RAISING CHILDREN TO BE

"CREATIVE QUOTES"

"I have no special gift. I am only passionately curious."*

—Albert Einstein, physicist

*Albert Einstein licensed by The Roger Richman Agency, Inc., Beverly Hills, CA.

"The essence of invention isn't process but purpose. . . . Invention often occurs not because a person tries to be original, but because the person attempts to do something difficult."

—D.N. Perkins, psychologist

"Every child is an artist. The problem is how to remain an artist once he grows up."

—Pablo Picasso, artist

"I was always encouraged by my parents, my grandmother and my teachers to be creative. I can't remember when I first began to tell stories—by drawing, it was then—but I must have been very young. It was an instinct I followed quite naturally."

—Joyce Carol Oates, novelist

"If a child is to keep alive his inborn sense of wonder without any such gift from the fairies, he needs the companionship of at least one adult who can share it. . . . "*

—Rachel Carson, marine biologist

*from **The Sense of Wonder**
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Creative Ways Kids Us Language

When you're aware of the ways your child uses language, you can support his efforts to express himself creatively. Here are some stages to watch for.

- **Ages 2-3:** Rather than just repeating songs they've heard, children invent melodies for familiar lyrics or put nonsense words to familiar tunes.
- **Ages 4-5:** Children experiment with word sounds and meanings, often while talking to themselves.
- **Ages 6-7:** These children love to make up and act out plays, including songs and dialogues.
- **Ages 8-9:** By this time, children often can sustain a coherent story lin with invented characters an situations.
- **Ages 10-11:** Children this age often create secret words or languages with siblings or small groups of friends.
- **Ages 12-13:** In the written language, children now are able to express ideas using similes and metaphors in prose and poetry.

Adapted from **Growin Up Creative: Nurturing a Lifetime of Creativity,** by Teresa Amabile, Ph.D. (Creative Education Foundation, 1992).

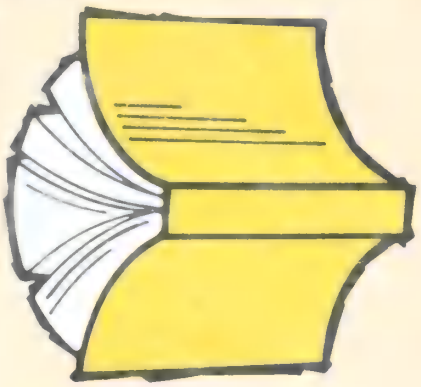
11 STORIES THAT SPUR CREATIVITY

What books are best exercise for your child's imagination? Here's a list from Valerie Lewis, a San Jose, California, bookseller and children's book consultant to **CBS This Morning.**

Grades K-2: Cleversticks, by Bernard Ashley (Crown, 1991). An Asian boy adjusting to school discovers that paintbrushes make creative chopsticks.

ry Morning, by Patricia Demuth (Dutton, 1991). A farm's rooster won't crow. Can your help get the barnyard back on track? **Voyage to the Bunny Planet,** by Rosemary s (Dial/Penguin USA, 1992). Join characters in three separate stories as they visit Janet unny Queen to find solutions to their problems.

Grades 2-4: The King's Equal, by Katherine Patterson (Harper Collins, 1992), will



CREATIVE

ur child to create new takes on old tales. **Sweet Clara and the Freedom Quilt,** by Deborah n, illus. by James Ransome (Knopf, 1993). A young slave stitches a map to freedom into a quilt. **e Has Something to Say,** by David Small (Crown/Random House, 1992). Ruby Mae wants to r message of universal peace to the United Nations, and a silly hat helps her do just that.

des 4 and up: Through the Mickle Woods, by Valiska Gregory (Little Brown, 1992). A s help a king and a boy appreciate their world. **Antics,** by Cathi Hepworth (Putnam, 1992). *Ant* 26 alphabet-inspired words, from *antique* to *antzzzz.* **Shoebag,** by Mary James (Scholastic, ockroach is alarmed to discover he has turned into—a boy! **The Dark-Thirty,** by Patricia k, illus. by Brian Pinkney (Knopf, 1992). A collection of ghost stories with African-American **Maniac Magee,** by Jerry Spinelli (Little Brown, 1990). A homeless boy learns firsthand about d race relations.

URN ANY BOOK INTO A REATIVITY BOOSTER

en a young child with books and begins g, that's where creativity says Nell Skidmore, a m specialist in Hunts- ama. "The child hearing gins to create a TV is mind."

ep all those mental TV ming with these parent- chniques for reading

Read a storybook using voices to help make each character distinct. Give Papa Bear a booming voice and Baby Bear a tiny one.

2. Sing a book through to the end by making up a melody as you go along. Then watch your children imitate this technique in their own play!

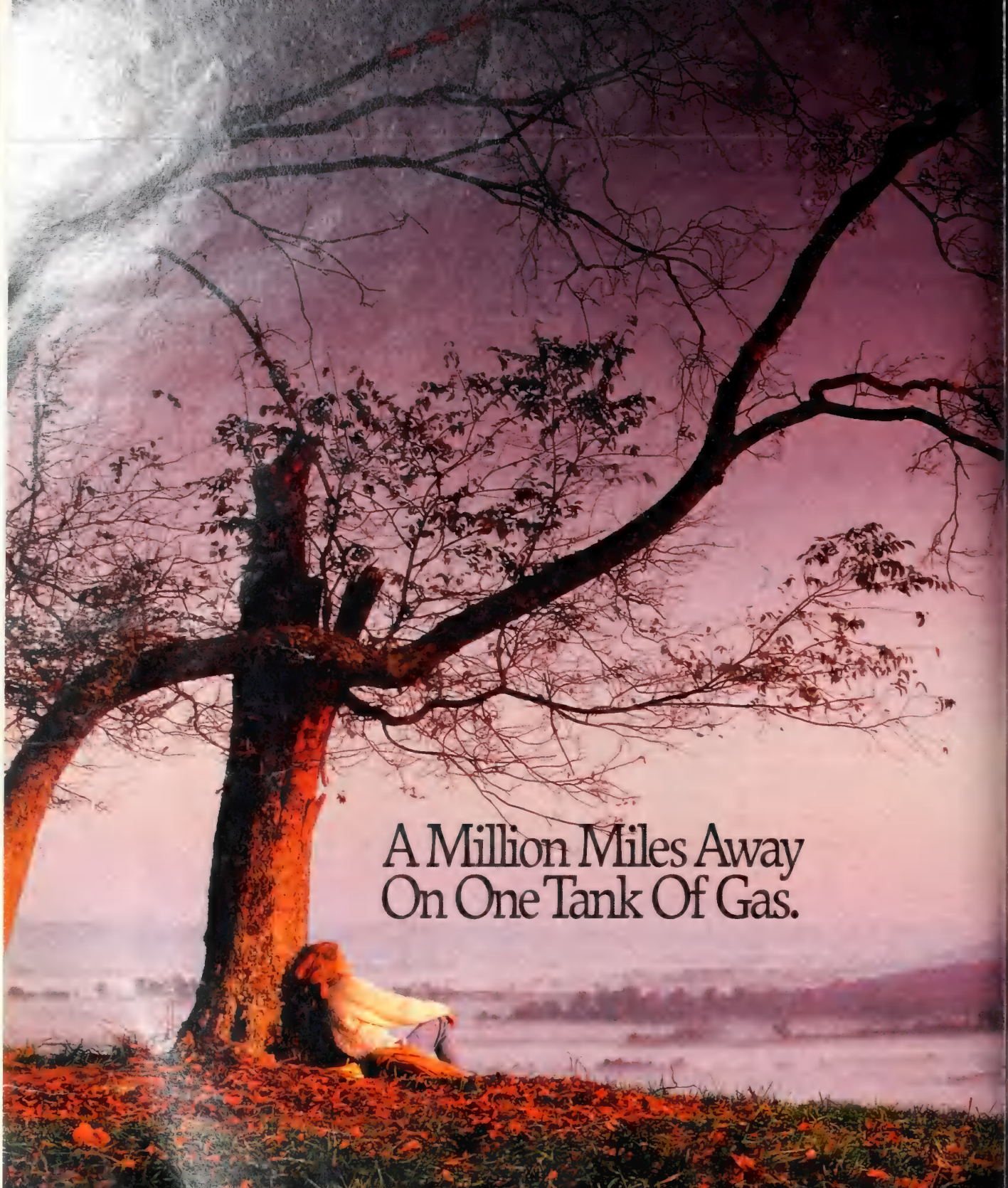
3. Substitute silly words for the real text. Send Jack and Jill up the hill to fetch a pail of peanut butter. When your child protests, read the passage again with yet another silly substitution. Young children love listening for the "mistakes." Often they'll offer to read their own to you.

4. Let story characters do the storytelling. Some kids' books now come with puppets. You can create your own by attaching simple illustrations of story characters to sticks or straws. Use the puppets to tell the story. Then let the characters talk with your child about the story's plot or even about your child's day and how he's feeling.

WANTED: PARENTS OF INVENTION

To foster a climate in which creativity can blossom in your home, follow these suggestions from Dorothy Rich, Ph.D., founder and president of the Home and School Institute in Washington, D.C., and author of **MegaSkills**® (Houghton Mifflin, 1992).

- Provide children with a home that is as safe as it can be. Then let them experiment!
- Make sure your household schedule allows time for children to think, dream, contemplate and invent.
- Offer a large repertoire of home activities, including some that challenge children to stretch their minds.
- Help your child connect with adults who value achievement and encourage them to do their best.
- Demonstrate a love of learning and a respect for achievement—two important keys to creativity.



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THE STOCKMARKET—

Continued from page A1

ingredient. The only way society progresses is by people coming up with new and better ways to do things."

Reading and writing are at the center of some of today's most intriguing in-school efforts to promote creativity. The following ideas suggest why. Use them to excite your child's imagination at home!

1. Help your child grow as a story-teller—a role that develops creativity and, new research shows, deepens moral understanding. Take a book your child begs you to reread and have her tell it to you for a change. Carol Satz, a member of the National Story League, practices a form of this technique with fourth- and fifth-graders at G.E. Wilson Elementary School in Hamilton Township, New Jersey. She runs a storytelling group in which books provide the spark for creative expression.

Satz's students pore over the books they choose but use their own words and gestures in the retellings. No costumes, props or sets are allowed. "They've got to create pictures in the listeners' minds with words," Satz explains.

2. Ever try writing a play with your child? Team playwriting can be a joy—something kids in Pittsburgh, Pennsylvania, know from taking part in a public school program called Arts PROPEL. Arts PROPEL activities are designed to stimulate children to think the way artists do as they paint, sculpt and write.

Here's how team playwriting works. A pair of kids are assigned a setting, two characters and an opening line. The budding playwrights then create a script for their characters, passing a sheet of paper back and forth. To script plays with your child, y might begin with a dialogue between t her favorite cartoon characters.

3. Jump-start your child's imagin the way professional writers do when t work with kids in New York City schoo Provide him with story-starters—situat that make his fancy soar.

Story-starters are one of many stri ideas that a group called Teachers & W Collaborative (T&W) has brought to N York City classrooms. T&W "lends" ac poets and fiction writers to schools, wh they help kids shape poems and stories



SUPERSTOCK

KEEPING YOU CREATIVIT

COACHING for Creativity

What's important for kids to learn at school besides multiplication? "Skills for creativity," says Beth Hennessey, who teaches psychology at Wellesley College, in Wellesley, Massachusetts.

Karen Grindall agrees. This first-grade teacher at Portage Path Elementary School in Akron, Ohio, regularly teams up with parents to stimulate her students' creativity.

One tack: assigning homework that promotes creative thinking and is adapted from a series called **Brain Boosters** (Good Apple, Carthage, IL, 1992).

Here's a sample activity to try with your child: Draw a picture of something to make wit dough, chocolate chips, a baking sheet and an oven. Then have your kitchen Tom Edison write step-by-step directions for making it.

nts and emotions of their young lives. To
kids' creativity perking, the visitors often
t inventive openers. One you might try:
we reached the mountaintop, we found a
anging from the sky. . . ."

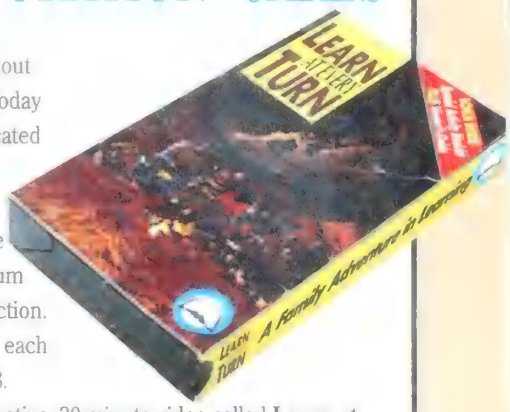
. Teach your child about creative
n-making by inviting her to give a new
a fairy tale or nursery rhyme. At Liberty
School in Madison County, Alabama,
graders regularly stand classic stories on
eads this way. The goal: teaching them to
rtistic problems.

ver the years, Rosie Dumoulin's students
rty have rewritten and illustrated the
ures of folk heroes and villains from
ocks to Rapunzel. "Life is problem
g," says Dumoulin, who hopes her projects
ide students to view the world from many
. "Children need to be able to solve
ms in order to succeed in life."

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CHRYSLER CORPORATION CARES



At Chrysler Corporation, we care about reading because we care about quality. Today the best cars and trucks are built by educated workers—people who love to read.

That's why we teamed up with the American Federation of Teachers and the Association for Supervision and Curriculum Development to bring you this special section. It's also the reason we're giving $1,000 to each of 50 school libraries serving grades 1—8.

Finally, it's why we created an innovative, 30-minute video called **Learn at Every Turn** and a 24-page companion booklet, **Recipes for Reading Success.** Both show you how you can build reading fun into every family activity.

To help your children experience the joys of reading, take advantage of these two exciting opportunities:

1. 2.

1. Enter your favorite grammar school in the Chrysler Library Awards Sweepstakes. Use the card attached to this special section to help your local school library win $1,000.

2. Send for a FREE video and booklet. While supplies last, Chrysler is offering every family a free copy of the video *Learn at Every Turn* and the booklet *Recipes for Reading Success.* Fill out and mail the attached postage-paid postcard to get your *free* video and booklet.

eepstakes rules

1. NO PURCHASE OR TEST DRIVE SSARY.

2. To enter, fill out the Sweepstakes Entry , on a regular postcard, print your name ress and the name and address of a local private or parochial school teaching any of des 1 through 8. Mail the Entry Card to *ysler Learning Connection*, P.O. Box Clinton, IA 52732-9205. Mail postcard to the *Chrysler Learning Connection*, P.O. 40, Clinton, IA 52736.

3. All entries must be postmarked no later ugust 1, 1993. No responsibility is assumed for late, lost or misdirected entries. One entry per family. (All U.S. schools that serve students in any grade from 1 through 8 will be automatically entered one time.)

4. The 50 winning schools will be selected in a random drawing from all eligible entries received, under the supervision of Meredith Corporation, whose decisions are final, on or about September 15, 1993.

5. PRIZES: Chrysler Corporation will award $1,000 to each of these 50 schools. These schools will be notified on or about September 15, 1993. Each award will be granted in the name or names of the individual(s) who made the winning nomination and must be used for the purchase of library books. Only one award per school. Odds of winning depend on the number of entries received. Applicable taxes are the sole responsibility of the winner. No transfers or substitutions of prizes.

6. All entries become the property of Chrysler Corporation. Principals of the winning schools will be required to sign an affidavit of eligibility and advertising release, which must be returned within 10 days of receipt of notification, or an alternate winner may be chosen.

7. The schools nominated for the award must operate in the United States. Nominators must be 21 years of age or older. Employees of Chrysler Corporation and Meredith Corporation and the families of each, their affiliated companies, advertising and public relations agencies or judging agency are not eligible to enter. Void where prohibited or restricted by law or taxed. Federal, state and local laws apply.

8. For a list of all 50 award recipients, send a stamped, self-addressed envelope to Chrysler Library Awards Recipients List, P.O. Box 8195, Clinton, IA 52736.

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...and the period and disappear after are ...thing to worry about. But a mass that ...go away before your next period ...ld be investigated.

A **cyst**, a harmless fluid-filled sac that may become tender and painful before a menstrual period. A cyst feels like a squishy grape and can range in size from tiny to several inches across. A doctor will drain a cyst by drawing out fluid with a needle.

A **fibroadenoma**, a lump of fibrous tissue—solid, round, rubbery, freely movable and usually painless.

A **lipoma**, a mass of fatty tissue, which is painless, slow-growing, soft and rolls easily under the fingers. The NCI recommends that both fibroadenomas and lipomas in the breasts (they can also develop on the trunk, neck or forearms) be removed or biopsied to make sure they're benign.

Breast cancer. Malignant breast lumps generally feel hard and are not tender or painful. They are usually difficult to move and stand out clearly from the lumpy texture of breast tissue. Dimpling of the breast skin or nipple discharge, especially if it's bloody, may also be a sign of cancer.

IRREGULAR BLEEDING

"There's a lot of variation in the normal menstrual cycle," says Ramona Slupik, M.D., assistant professor of gynecology and obstetrics at Northwestern University Medical School, in Chicago. "As long as you get your period every twenty-one to thirty-five days and it lasts from one to seven days, you don't have to worry."

Many factors can bring on irregular bleeding. In the early teen years and close to menopause, periods can be erratic due to changing patterns of ovulation. Also, women in their thirties may see a drop of blood in the middle of their cycle, which is caused by a dip in estrogen levels at ovulation. The Pill or an IUD can cause bleeding, as can weight changes, strenuous exercise, stress or drugs such as Thorazine, an antipsychotic.

Bleeding outside of your normal menstrual cycle could be due to . . .

Pregnancy. "If you're fertile and sexually active, the first thing for a doctor to rule out is pregnancy," says Slupik. Spotting can occur early on in a normal pregnancy, but bleeding may indicate a miscarriage or tubal pregnancy.

An injury, infection or growth. Bleeding after intercourse may signal an injury to the vagina or cervix. It can also be a sign of herpes, genital warts or benign growths such as cervical polyps. If it's anything more than spotting, or if it's severe, see a doctor.

Fibroids. These common benign uterine tumors can cause very heavy periods and irregular bleeding. Other symptoms include frequent urination and a feeling of fullness or pain in the lower abdomen. Anti-estrogen drugs can shrink fibroids, or they can be surgically removed.

Endometriosis, a condition that occurs when cells from the lining of the uterus (endometrium) migrate and grow outside the uterus. Endometriosis may cause bleeding, severe menstrual cramps, infertility, pain with intercourse and rectal pain. The abnormal growth can be treated with hormonal medication or surgery.

Endometrial (uterine) cancer. Although this is rare in women prior to menopause, it's the most common cancer of the female reproductive tract. A scraping of the uterine lining (a D&C) is necessary to detect cancer cells, and the cure rate for this cancer is excellent when caught early (also see vaginal discharge category).

Cervical cancer, most often occurring in women between the ages of forty and fifty-five. The Pap test can detect this cancer in an early, curable stage.

VAGINAL DISCHARGE

"An increase in clear discharge in the middle of your cycle is normal," explains Slupik. "But if it's accompanied by odor, itching, burning or inflammation, you may have an infection." Leaving in a tampon, contraceptive sponge or diaphragm can also cause a discharge, usually foul-smelling, and possibly lower-pelvic discomfort. See your doctor if you can't remove the object, if symptoms persist or if you have nausea, vomiting, fever, pelvic pain or a rash—signs of toxic-shock syndrome, a life-threatening infection.

If you have a discharge, it could be . . .

Bacterial vaginosis (BV). This causes a thin discharge with a fishy odor, burning and mild lower-pelvic pain, and is treated with the antibiotic metronidazole. Though BV is usually not sexually transmitted, repeated bouts may be a sign that your partner is reinfecting you and should also be treated.

A yeast infection (candidiasis), which causes a thick, white, curdy discharge, may be also be accompanied by itching, swelling and redness. Candidiasis is not sexually transmitted, but antibiotics or the Pill can make you prone to it. Yeast infections are treated with antifungal medication (clotrimazole), which is available OTC. But Slupik cautions against treating yourself unless you're sure you've got a yeast infection. "Fever, lower-pelvic pain, nausea, vomiting or diarrhea are signs of something more serious," she says.

Trichomoniasis. This sexually transmitted disease (STD) is marked by a greenish or yellowish discharge that may be frothy and have a bad odor. Other possible symptoms are burning, itching, redness and swelling in both the urethra and vagina. Both partners are treated with metronidazole. To help prevent transmission of STDs, use a latex condom.

Chlamydia or **gonorrhea**. These common STDs can linger without causing symptoms. Both can lead to pelvic inflammatory disease, tubal pregnancy, infertility and death, and they can cause serious illness in newborns. Chlamydia may cause a slight increase in discharge and lower-pelvic pain, and gonorrhea can cause a yellow discharge, severe pelvic pain and high fever. If you have these symptoms or have had sex without a condom with a new partner, ask your gynecologist to test you. Antibiotics are used to treat both conditions.

Pelvic inflammatory disease (PID), a serious infection of the reproductive organs that is brought on by bacteria that cause chlamydia, gonorrhea or other infections. PID can cause a yellowish discharge, painful urination, pelvic pain, spotting, fever, nausea and vomiting. A doctor will prescribe antibiotics. Both partners should be treated if PID was caused by an STD. Hospitalization or surgery may be required in severe cases. If left untreated, PID can cause infertility, tubal pregnancy, chronic pain and death.

Endometrial (uterine) cancer. The first symptom may be a watery discharge, followed by bleeding.

SWOLLEN ANKLES

"The most common cause of puffy ankles is poor blood return from the *(continued)*

For more information

GYNECOLOGICAL PROBLEMS

- *National Women's Health Network*
  1325 G Street NW
  Washington, DC 20005
  202-347-1140
- *Federation of Feminist Women's Health Centers*
  3401 Folsom Boulevard, Suite A
  Sacramento, CA 95816
  800-877-6013 or 916-737-0260

SEXUALLY TRANSMITTED DISEASES

- *Centers for Disease Control and Prevention*
- *National Sexually Transmitted Diseases Hotline* 800-227-8922

CANCER

- *American Cancer Society*
  19 West 56th Street
  New York, NY 10019
  212-586-8700
- *National Cancer Institute Cancer Information Service*
  800-422-6237

EYES

- *American Academy of Ophthalmology*
  P.O. Box 7424
  San Francisco, CA 94120-7424

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Oxidation, the process that breaks down an apple and turns it brown, may also cause cell damage in your body.

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e symptoms, big trouble

nued

back to the heart, likely from pro-
ed immobilization such as a plane
" explains Terrie Mendelson, M.D.,
ssistant professor of medicine at the
versity of California, San Francisco.
is is very common and doesn't re-
e medical attention. But it's a good
to get up and walk around or flex
calf muscles to prevent swelling, and
ate your legs to reduce it." Swollen
es can be caused by a wide variety of
r conditions.

ur ankles are swollen, it may be due to . . .

icose veins. These enlarged blood
els cause puffy ankles because they
t return blood to the heart efficient-
upport hose can help, or veins can be
ically removed.

dications. Swollen ankles can be a
effect of drugs, including the Pill and
e high-blood-pressure medications.

gnancy. During pregnancy the volume
lood in a woman's body increases, and
retains water, resulting in puffy ankles.
nothing to worry about unless swelling
elops suddenly or is very severe. To
the problem, sit with your feet
oped up or wear support hose.

S. If you get swollen ankles around
r period, it's a sign of water retention.
Eating less salt may help.

An injury. "If only one ankle is swollen, painful or tender, you've probably sprained it," says Mendelson. Stay off your feet, keep them elevated and apply ice. See a doctor if the pain is severe or if the swelling doesn't go down within a day or so.

Phlebitis (a blood clot in the leg). Significant swelling and pain in one ankle and up into the lower leg that is not from an injury should always be looked into immediately. It may indicate that a clot is preventing blood from circulating. Hospitalization and treatment with a blood-thinning medication may be necessary.

Kidney or liver disease, which interferes with your body's ability to regulate its fluid balance. "When this is the problem, the whole body becomes overloaded, and the first place it might show up is in your ankles," says Mendelson.

Heart failure. Swelling can occur if your heart is not pumping blood out of the extremities. Warns Mendelson, "If the swelling is in both ankles, keeps getting worse, or is accompanied by shortness of breath or chest pain, you should get evaluated right away." ■

Nadia Zonis is an associate editor at Ladies' Home Journal.

IN SYMPTOMS OU SHOULD NEVER IGNORE

ny symptom that is unusual for you and has persisted nger than a few days should be checked out by a doctor," ys Cornell's Isadore Rosenfeld, M.D. If you have any of e following signs, get help immediately:

Pain that's severe or lasting is your body's most direct way of letting know there's a problem.

Unexplained fatigue can be a warning of anything from cancer heart disease to a vitamin deficiency.

Persistent fever that's above 100° F., lasts beyond two days and 't accompanied by other cold or flu symptoms.

Weight loss or gain that occurs without a change in your eating bits or activity level.

Change of bowel habits—chronic constipation or diarrhea, or a ange in the appearance of the stool.

Blood in the stool or blood that is spit up, even just once. Recurrent sebleeds should also be investigated.

Coughing that lasts more than two weeks, especially if you're a noker.

Nipple discharge can be a sign of cancer, especially if it only mes from one breast without any stimulation. It may be clear, milky, body or even green, says breast surgeon Claire Carman, M.D.

Palpitations, chest pain, recurrent indigestion, unexained shortness of breath all may indicate heart disease.

). Fainting spells, especially if they're recurrent or happen after extion, can be a sign of heart, lung or neurological problems.

LHJ SPA GETAWAY CONTEST

continued from page 80

OFFICIAL RULES

1. Complete the entry form, print or type, making sure to include all information and your signature. Attach the following to the form: a description of your best hair or makeup beat-the-heat beauty tip and one proof of purchase from one of the following merchants: Banana Boat, Dannon Yogurt, Dr. Scholl, Nivea, Shade.

2. Mail entry to LADIES' HOME JOURNAL, Spa Getaway, 100 Park Avenue, 3rd Floor, New York, NY 10017. All entries must be received by June 15, 1993. No responsibility is assumed for lost, late, incomplete or misdirected mail or printing errors (see #1). The prize awarded in any prize-notification letter returned as undeliverable or not responded to promptly shall be awarded to an alternate winner. One entry per family or household allowed.

3. The contest is open to any resident of the U.S. who is 21 years of age or older except employees and their families of Meredith Corporation and of Banana Boat, Dannon Yogurt, Dr. Scholl, Nivea, Shade and their agencies, affiliates and subsidiaries.

4. Included in the prize: one week's (7 days, 6 nights) vacation for two at Pier 66 Resort and Marina in Fort Lauderdale, Florida. Approximate retail value of spa getaway is $2,500. Included: room, during a time convenient for hotel; 2 Herbal Wraps; 2 one-hour body massages; 2 one-hour facials; 2 Pineapple Body Scrubs; use of all facilities, which include outdoor pool, indoor and outdoor whirlpool, weight room, steam room and sauna. Round-trip airfare to and from Fort Lauderdale, Florida (winner is responsible for transportation to and from the nearest major airport), also included. Winner and travel companion must sign travel liability release. All personal expenses are the sole responsibility of winner. Some travel restrictions may apply. Trip must be taken and completed by December 31, 1993.

5. All entries and materials submitted become the property of LADIES' HOME JOURNAL and will not be returned or acknowledged. The best beat-the-heat beauty tip will be judged on content, clarity of expression, interest to our readers and general appeal. Entries must be original and not previously published. The winner will be selected by a panel designated by LADIES' HOME JOURNAL. All decisions of the judges are final. We will enter into no correspondence or phone communication about the contest or the judging. LADIES' HOME JOURNAL reserves the right to edit the beauty tip.

6. Winner will be selected and notified by mail by July 31, 1993. The winner must consent to be available at the request of LADIES' HOME JOURNAL to participate and render services in photography/taping sessions and media interviews. She also agrees by entering the contest to grant LADIES' HOME JOURNAL the right to use her entry, name, photos and voice in connection with editorial, public relations, promotional and advertising purposes. Winner must sign an affidavit of eligibility, a release consenting to the use of her name and photo and a statement confirming the rights of LADIES' HOME JOURNAL to the beauty tip.

7. All federal, state and local laws and regulations apply. Void where prohibited. Applicable taxes are the sole responsibility of winner. Prize is not exchangeable or transferable. No substitute of prizes except at the discretion of LADIES' HOME JOURNAL. Sponsors assume no responsibility or liability for damages, losses or injury resulting from acceptance or use of this prize. No proof of purchase necessary for residents of Arizona, Maryland, Massachusetts and Vermont. For winner's name, send a separate self-addressed, stamped envelope after August 14, 1993, to LADIES' HOME JOURNAL.

LHJ Spa Getaway Contest Entry Form

Name_____

Address_____

City_____ State____ Zip Code_____

Phone_____

Age_____

Occupation_____

Product purchased_____

Signature_____

What smart women ask about **MENOPAUSE**

The author—whose best-seller "The Silent Passage" made a once-taboo subject the center of national attention—answers the questions women most often ask her. By Gail Sheehy

As I traveled around the country giving lectures after the publication of my book, I found that many women weren't waiting for their doctors to tell them what to do about menopause. They were taking the responsibility to inform themselves. Their questions have become increasingly sophisticated, and they want to know how this major passage is affected by a woman's age, personality, race, childlessness, cancer profile, PMS and sexual appetite—all subjects doctors seldom discuss. Naturally, the women also demand the latest data on hormone supplements.



Q. A year ago nobody mentioned menopause in polite company. Now it's getting so much media attention. What's made it a hot topic for the nineties?

A. Numbers. The United States is seeing an explosion in our menopausal population. The number of women between the ages of forty-five and fifty-four will increase by half—from thirteen million to nineteen million—by the year 2000. And over the next two decades, forty million to fifty million women will pass through the Change.

Baby boomers will transform the way we think about menopause, just as they have recast every stage of life through which they've passed. Sitcoms such as *Designing Women* have already begun to throw laughter in the face of the Change. Novels and films by women will not be far behind, describing every nuance in subjective detail. A new sense of community is forming among women in menopause.

Demographics aren't the only reason that our perceptions of the change of life are beginning to undergo radical alteration. Menopause is no longer a marker that means this way to the end. Today, fifty is the apex of the female life cycle. And menopause is more properly seen as the gateway to a *second adulthood*, a series of stages never before part of the predictable life cycle for other than the very long-lived.

Remember this motto: If forty-five is the old age of youth, fifty is the youth of a woman's second adulthood.

Q. Is it my imagination, or are younger and younger women going through the menopause?

A. Eight women out of every hundred go through a natural menopause before age forty. Increasingly, the American women turning up in menopause clinics are younger by four or five years than in the recent past. Researchers now admit they have underestimated the number of younger women who experience menopause symptoms even though they still have periods.

A late first pregnancy sometimes triggers an earlier menopause. A dynamic businesswoman I interviewed is a case in point: After delivering her first child in her mid-forties, she found herself often drenched in sweat. She told herself it must be postpartum depression *(continued)*

Gail Sheehy's newly revised and expanded version of THE SILENT PASSAGE will be published in paperback this month by Pocket Books.



Do you have any idea how many women experience vaginal dryness? One in four! And since it's not exactly a topic we sit around and discuss openly, I'll bet every one of us thinks we're alone.

Well, vaginal dryness may be perfectly natural—but **it's uncomfortable.**

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I asked my gynecologist for her opinion of Gyne-Moistrin and K-Y Jelly. I even asked about petroleum jelly and hand lotions (which were never intended for vaginal use).

She said Gyne-Moistrin is a pure, clear gel and it contains no hormones or medications. **She recommends it.**

She said she likes Gyne-Moistrin because **it won't seal in bacteria** like petroleum jelly can.

I like it because **it's not greasy or messy.** It feels natural and it soothes the discomfort.

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ly takes five to seven years. Many women, however, are only symptomatic for less than a year.

Q. If a woman experiences perimenopausal symptoms at an early age—say, forty or forty-one—is she likely to face fifteen more years of menopausal symptoms? Or might she get it over with earlier?

A. It probably means that it will be over sooner. If you start perimenopause at forty, you may put the whole hormonal upheaval behind you by the age of forty-five, and the earlier you start your menopause, the lower your breast-cancer risk. That's the good news. The problem is, women who start having obvious symptoms in their late thirties or early forties often have a devilish time convincing a physician that this *is* menopause. The tests to ask for are your estrogen level and your LH and FSH levels. Elevated LH and FSH levels, along with a low estrogen level, indicate menopause. However, it's your own symptoms that really tell the tale. Don't be put off.

Q. Is postmenopausal zest a real phenomenon? If so, what's the biological basis?

A. Biology at the change of life works to women's advantage. The turmoil wrought by menopause mixes up the hormonal cocktail in new and different proportions. As the levels of the primary female hormone, estrogen, continually decline, the chaser of male hormone, testosterone, increases in ratio. "A postmenopausal woman has twenty times as much testosterone as a premenopausal woman," concludes Howard Judd, M.D., a professor of obstetrics and gynecology at University of California, Los Angeles, whose scientific studies established the norms.

This provides a biological basis that would explain, at least in part, the widespread phenomenon of postmenopausal zest and the greater assertiveness recorded, cross-culturally, among postmenopausal women. Aggressiveness is rooted in the male hormone testosterone and found in elevated levels in men and male baboons of high rank. So it's not surprising that in many societies, middle-aged women—free from the role of breeder and fired up with relatively higher levels of testosterone—rise in rank and power, in political, religious, economic and community life. Margaret Mead, a mentor of mine, summed it up in one sentence:

"There is no greater power in t world than the zest of a postmenopau woman."

Q. My husband and I always enjoy our sex life, but menopause has turn me off somehow. Do hormone supp ments relieve that?

A. Yes. As a woman loses her natural trogen, often two years or more into pe menopause, the vagina becomes drier begins to shorten, the walls become th ner, and intercourse can become unco fortable, if not downright painf Estrogen-replacement therapy rectifi that, but you may not want to go that There are some very good products, ev over the counter, that deal with just t dryness aspect.

But the *desire* to have sex—which is se rate from the comfort and physical fu tioning of the sexual organs—is influenc in women as well as men by the male hormone, testosterone. Women ma testosterone in their ovaries and adre glands. Roughly 30 percent of women f that their libido is compromised at so point during the passage throu menopause. For them, injection with a v small amount of testosterone can be a n boon. Androgen insufficiency syndrom meaning lowered libido in menopau women—is now becoming recognized a increasingly treated with testosterone.

Q. It isn't natural to take hormo replacement therapy. With everyth we know now about holistic, natural proaches to health, why should medicalize menopause?

A. After intensive interviewing, I be to sense that the subject of menopa has been reduced almost entirely to a bate about hormone replacement and larized around two opposing views. O view holds that HRT is the elixir of Rich, glamorous, famous women pra hormone treatment to the skies, claim it keeps them young and sexy. The op site view holds that one should not in fere with nature, and all the fuss is down to a futile vanity.

What is lost in the bombardment these opposing views is the main poi that we are living longer lives than ever fore. An American woman who reaches fifty today, and who doesn't succumb heart disease or cancer, can expect to her ninety-second birthday. There been virtually no period in the history the human species where evolution has vored postmenopausal females. We *have* to intervene—medically, hormona psychologically, spiritually—because cannot assume that aging will go smooth

Making the effort to change eati smoking, sleeping and exercise hab and taking the time to experiment w hormone replacement or homeopat practices to help rebalance the body arou its new hormonal state, is *(contin*

"Margaret Mead, a mentor of mine, summed it up: 'There is no greater power in the world than the zest of a postmenopausal woman.' "

combined demands of a late pregnancy and stressful life events had taken a toll. Her metabolism had become very slow and her hormone level increasingly unbalanced. She was running on empty.

This is not an uncommon story today. Dening Cai, C.A., O.M.D., C.M.D., an experienced Chinese medical doctor in Tarzana, California, sees many high-profile women in their forties from the Los Angeles area who are so terrified of menopause, they actually bring it on prematurely.

"People with an aggressive personality—women who try so hard to reach something, who feel 'I have to,' and who push themselves hard all the time—put the body under higher stress," observes Cai. "And this can bring on the menopause sooner." If she works with such women early enough to rebalance and calm their bodies, sometimes it delays the menopause.

Q. How long does it take to get through menopause?

A. Menopause is like a thumbprint—it's that individual. A small proportion of women will simply stop having a monthly cycle all at once. Some will taper off over six months or a year. But usually the whole passage—beginning with the irregularities of perimenopause, and ending as the body acclimates to a new hormonal state and shifts into the high gear of postmenopausal energy—generally takes five to seven years. Many women, however, are only symptomatic for less than a year.

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...ssue of vanity. It's not about at... succumbing to Western ...preoccupation with youth. It is ...of physical and mental health.

Q. What does that latest research tell us about the risk of breast cancer from taking hormones?

A. The most startling medical finding that I've uncovered since my book was published is this: Top researchers in the U.S. and Europe are reversing themselves on the conventional prescription for *combined* hormone therapy. The risk associated with long-term use of the combination of estrogen and progesterone is higher than with estrogen alone, according to further data from the famous Swedish study by Bergkvist, Persson et al. New laboratory findings at the University of Southern California support this dismaying news. Adding progesterone to estrogen-replacement therapy on a regular basis may *double* a woman's risk of developing breast cancer after ten years.

"But my doctor won't let me take estrogen unless I add those nasty white pills [Provera, the most common progesterone] for the last ten days of the month" is the protest we can expect to hear from millions of women. The reason gynecologists have been adamant about the combination is that estrogen, by itself, carries a known risk of cancer of the endometrium—the lining of the uterus. That risk is virtually eliminated when a woman takes a synthetic progesterone. But while it's perfectly true that progesterone blocks the cancer-precursor effect of estrogen in the uterus, it has the opposite effect on breast tissue.

So now what? Is a woman supposed to pick her favorite cancer? Or become a bench scientist to find the data she needs to get through life from age fifty on? No wonder millions of women across the U.S. and Europe are growing increasingly impatient, if not cynical, about the many reversals of direction they get from the medical establishment.

At this point, one must adopt a philosophy for the second half of life. If left to its natural course, menopause will lower a woman's exposure to hormones and reduce her subsequent risk of breast cancer. But at the same time it will raise a woman's risk of heart attack and bone loss—the two major killers of older women—not to mention the lowered well-being many women report when they're off hormones altogether. The object for the HRT user, then, is to gain as much benefit as possible without adding measurably to her risks.

Some American doctors are now trying to resolve this dilemma by giving their patients a course of synthetic progesterone only every three or six months (along with the monthly estrogen regimen). If the endometrial lining remains normal, they may not give progesterone at all. Ultrasound exams, once or twice a year, have become quite a reliable way to monitor a woman's uterine health. If any major thickening or unevenness of the lining is seen on ultrasound, a relatively painless endometrial biopsy can be done. Abnormal-bleeding patterns may also warn early of precancerous changes. A D&C can then be performed, and a woman can be taken off hormones for a while until her uterus settles down. Fortunately, there is a high cure rate with uterine cancer that is caught early.

Looking at the bigger picture, it's not as grim as it might seem; the consensus from the best studies worldwide is that there is little or no danger of increasing the risk of breast cancer by taking HRT for up to five or six years. Quite a number of studies report little danger for possibly up to ten years. Although it's true the risk goes up after ten years of use, those same users show no increase in deaths from breast cancer. In fact, studies show that middle-class women who use HRT long-term also live longer—with a 20 to 40 percent reduced mortality rate from all causes. It may be, in part, because such women are highly aware of their bodies and are on a "wellness track" and closely monitored by their physicians.

The other good news is that neglect of older women's health is at last being remedied. The Women's Health Initiative, a massive fourteen-year study launched by Bernadine Healy, M.D., outgoing director of the National Institutes of Health, will close many of the gaps in our knowledge about breast cancer and HRT, and about menopause in general.

Q. I'm a breast-cancer survivor. Can I take HRT?

A. Victims of breast cancer are doubly deprived. Until recently, it has been considered *verboten* to give hormone-replacement therapy to a postmenopausal woman with breast cancer. Today, for women wit... terribly symptomatic menopause add... to their depression over losing a bre... the quality-of-life issue must be weigh... in the balance. Especially if they have h... a hysterectomy, and have no circulat... hormones at all, they may feel life is ha... ly worth living. Some physicians now ... fer them the choice of taking a sh... course of HRT, which is usually enou... to carry a woman over the peak ... menopausal symptoms.

Much more hopeful is the drug tam... ifen. There is considerable evidence n... that tamoxifen may offer the benefits ... HRT for the heart and bones of a wom... who has had breast cancer, while red... ing her risk of a recurrence.

Q. Menopause is almost always d... cussed in terms of white women's ex... riences. What about African-Ameri... women, for example?

A. Black women in general are more lik... than white women to pass throu... menopause with no psychological pr... lems. Why? I wondered. After the b... was published, a friend and former pro... sor of adult development, Clement... Pugh, gathered together a fascinating ... cussion group with twenty accomplis... African-American women educators. Th... observation was that black women do ... measure their self-worth by how yo... they look. A great deal of a black wom... sexuality is defined by her spirit... strength, a strength dictated by her hist... cal situation. Middle-class black wom... come out of a matrilineal tradition. No... having been pampered by life or put ... pedestal while they were young, as w... women are, middle-class black women g... in prestige as they enter middle age. ... they definitely *do not* give up on th... selves as sexually desirable or desiring.

Q. Do childless women have a toug... time dealing emotionally w... menopause?

A. I would say that it very much depe... on whether a woman wanted to have ch... dren, had abortions, changed her m... back and forth, and has regrets about ... being a mother. For the postmenopa... woman who has had children, there ... natural generative role into which ... comfortably fits, going back to prehist... It is that of the matriarch. Historical bi... rapher Antonia Fraser points out that ... is a traditional tribal role in which ... herself revels. "When one says, 'I'm ab... to have my fourth grandchild, and ... fifth is on the way,' people say, 'Oh, ... that wonderful!' It makes them feel tri... ly good. Everybody feels more comf... able with a matriarch than a patriarch.

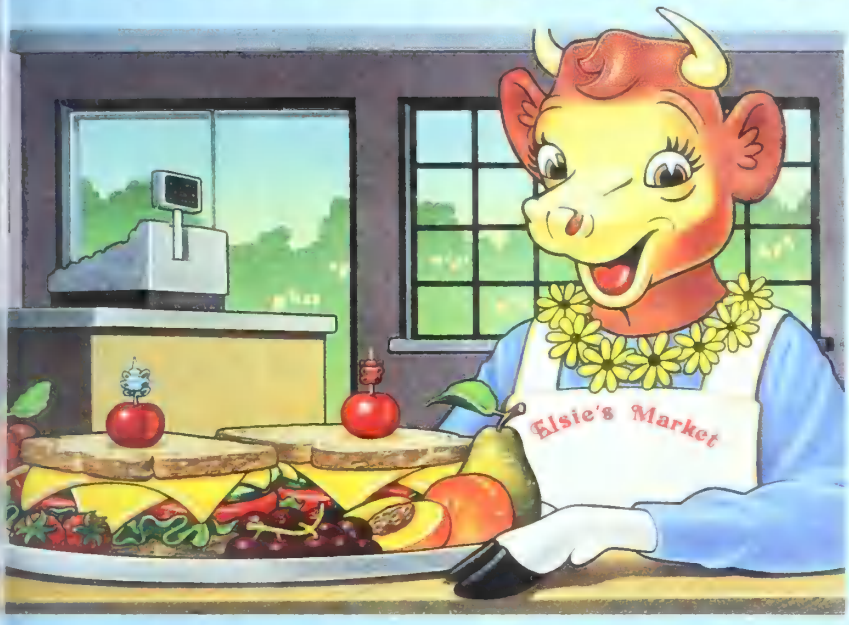
There are women, of course, who d... nitely did not want children. They ... have the same physical experience of p... menopausal zest, if they take care of th... selves, and can become mothers or nurtu... in much broader ways in the world.

"We are living longer than ever before. We will *have* to intervene because we cannot assume aging will go smoothly."

Elsie's Market

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Great news in the market! The first shipment of delicious new Lite Line® has arrived and we can't keep it on the shelf. Because new Lite Line has only 25 calories per slice with no fat. 25 CAL. That's our lowest calories ever. Of course Lite Line is made with the same dairy goodness as pure, fresh Borden® milk. No wonder it's the only brand we cows endorse.

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Elsie

Elsie's favorite Lite lunch.





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BORDEN

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den, Inc. 1993

An anti-cancer antibiotic?
NEW USES FOR OLD DRUGS

Antibiotics, which save thousands of lives annually by fighting bacterial infections, may also help combat a number of diseases, including cancer and osteoporosis.

Here, some of the latest findings:



■ At the Dana-Farber Cancer Institute, in Boston, researchers are testing the cancer-fighting potential of minocycline. This drug, in combination with standard anti-cancer therapies, blocks new blood-vessel growth, thus depriving malignant tumors of the blood supply they need to grow.

■ Tetracycline shows promise in treating osteoporosis, the brittle-bone disease. In animal studies at the State University of New York at Stony Brook, a chemically modified form of the drug not only slowed bone loss but helped build new bone.

■ Preliminary research suggests that doxycycline may impede the enzymes that cause painful joint deterioration in arthritis patients, says Kenneth Brandt, M.D., head of rheumatology at Indiana University School of Medicine, in Indianapolis.

■ Doxycycline's ability to block harmful enzymes may also be useful in fighting gum disease. In a study at Stony Brook, patients are taking small doses of the drug to test how effective it is in preventing and slowing the progression of gum infection, which can result in tooth loss, says Lorne Golub, D.M.D., professor of oral biology and pathology.

—ILENE SPRINGER

UNNECESSARY HYSTERECTOMIES

Women who underwent hysterectomies to treat benign ovarian growths had five times the surgical complications, twice the blood loss and spent twice as long in the hospital as those who had only the growths removed, according to researchers at UCLA and the University of Iowa.

Since no studies show any benefit to removing the uterus for benign ovarian growths, Joseph C. Gambone, M.D., director of fertility programs at the UCLA Medical Center, says hysterectomies should be considered only for life-threatening conditions such as cancer, severe pelvic inflammatory disease or abnormally heavy bleeding. He estimates that up to one third of the 650,000 hysterectomies done annually in the U.S. are unnecessary.

—JOAN LIPPERT

Solving the Alzheimer's mystery

Researchers are working on a variety of techniques to diagnose Alzheimer's disease. (Currently, a definitive identification is possible only after death when doctors can analyze brain tissue.) These methods will enable doctors to differentiate Alzheimer's patients from those suffering treatable conditions with similar symptoms, such as thyroid disorders or a vitamin-B_{12} deficiency. The latest discoveries:

■ *University of Kentucky researchers have identified a protein that is found only in the spinal fluid of people with Alzheimer's.*

■ *At the University of Texas Southwestern Medical Center in Dallas, a brain blood-flow imaging technique called SPECT singled out Alzheimer's patients with almost 100 percent accuracy.*

■ *An EEG machine is being used at UCLA to record electrical activity in the brain. The patterns and location of impulses distinguish Alzheimer's from other types of dementia.* —J.L.

PREVENTING BIRTH DEFECTS

Some important findings for mothers-to-be:

■ A recent study from the University of North Carolina at Greensboro showed that a group of pregnant women who regularly took baths hot enough to turn their skin red for a few minutes were nineteen times more likely than women who took tepid baths to have a baby with neural-tube defects (a malformed brain or spinal cord).

■ Having a baby with birth defects is possible at any age, but most pregnant women under age thirty-five opt against amniocentesis (the test for Down syndrome and other genetic defects), because their chance of giving birth to an infant with such abnormalities is low, and amniocentesis can cause a miscarriage. But doctors at the Foundation for Blood Research, in Scarborough, Maine, and Brown University, in Providence, Rhode Island, have developed a blood test that can detect 60 percent of cases of Down syndrome. Women who have a positive result can then decide if they want amniocentesis to confirm the diagnosis. —J.L.

DOCTORS SWORE BY IT.

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My father's CONFESSION

Dad lived a lie most of his life. Now his family has to deal with the consequences

It is, perhaps, the most controversial issue of our time: gay rights. President Clinton's proposal to lift the ban on lesbians and gay men in the military showed how it could polarize the country, overshadowing even the economy and foreign policy for a time. For lesbians and gay men, however, as well as for their families, the fight to understand and to be understood is inevitably private as well as public. Coming out to one's family—and, on the other hand, learning that one's parent, child or spouse is gay—often involves a long and painful process of adjustment and reconciliation. Here, one woman talks about what she felt after learning her father's secret.



My father was always one to use the dramatic gesture, so it was no surprise that he chose to break the news to his family just before undergoing heart bypass surgery. Thinking he might not survive, he called us into his hospital room one by one to tell us that at age sixty-eight, after four failed marriages and four grown children, he was gay. And very happy.

He did survive the operation, but the fragile bonds of our far-flung family were damaged in a way none of us could imagine. The fact that he was gay certainly was a jolt. But even more unsettling was the eagerness with which he embraced his new way of being, apparently more devoted to it than to his own family.

My father was never what you'd call a role-model dad. A tall man with a booming voice to match, he always played the stereotypical macho role: hard-drinking, heavy-smoking, back-slapping.

He lived the outmoded American cowboy myth, and his job as a construction superintendent made it easy for him to pick up and move instead of facing his problems head-on. Dad was a Marine during World War II; he later mentioned to us, in passing, that it was in the service that he realized he was gay.

His families weren't exactly something out of *Father Knows Best*, either. He married his first wife—my mother—right after the war, and they divorced shortly after I was born. He'd pop up periodically with gifts, or send letters to keep in touch. That pattern followed him for the next fifty years—remarrying, having more children, then disappearing from his families' lives, sometimes for years.

He was rarely there for me or my half-siblings, Vicki, Doug and Edward,* when we were children. But when we were out of college, he began to visit us regularly, playing the role of "Dad," bragging about our accomplishments as if he were somehow responsible for them. Our relationship with him was cordial, friendly, but always somehow distant.

Were there any indications all along that Dad preferred men?

Yes and no. He never seemed to have a close male friend, and appeared to enjoy the attention of women. He always had a wife or girlfriend around. At holiday reunions, he'd brag about how many women were after him. But he'd constantly blame them for his problems, calling them demanding, predatory vultures out to get his money. His risqué jokes always had an antiwoman punch line.

At the time we heard the revelation, we were not young children who could be easily hurt, but adults who had forged their own way. We each dealt with it in our own way. Our mothers, long out of touch with him, accepted it with indifference and tolerance.

Vicki was surprised, *(continued)*

*All names have been changed.



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n to woman

d

n remembered a camping trip that er and Vicki's husband had taken a of years earlier: Her husband had he felt uncomfortable because Dad ring at him. Doug took Dad's news signation. "I have so many other want to clear the air about when it o Dad," he said. "His sexual prefer- way at the bottom of the list."

ard, the youngest, was the most nd confused. He resembles Dad s and temperament, and our fa- d always seemed fondest of him. spoken fear seemed to the rest of since he was so much like our fa- naybe he was gay, too. A born- Christian, Edward sends Dad ions from the Bible, hoping to his ways. Dad ignores them.

to his character as a man who al- voided introspection, our father used to give us any insight into felt about living a double life all ears. We children have discussed uation among ourselves instead. for Edward—who believes homo- ty is a sin—we have not made val- gments about Dad. Nor are we ned whether someone "becomes" is "born" gay.

me, Dad's announcement was a r, but not because of the fact that y. I'm all for my father being hap- d I've met his partner, a younger ho is very devoted to him. I know y father's failings are a result of his nality, not his sexuality. Straight an also be poor fathers, and they just as scornful of women as my is. Besides, I believe that one's pri- fe is nobody else's business.

at I am angry about is my father's ness and thoughtlessness. After so years of ignoring the families who about him, he began giving the gay unity an enthusiasm and commit- he had never shown to us.

at broke my heart was the day he d to me, bursting with pride, and "You know, dear, if I had it to do er again, I would have lived the gay le." He smiled, waiting for me to I didn't. I was too hurt to answer.

ter, I was furious, bursting with ed questions. Did he realize what d, in essence, said? That he would been happy if none of his children been born? That we and our moth- neant nothing? That his life had worthless until the moment he re- l he wanted to be forthright about omosexuality? Did he resent having e a lie all these years?

ere are other things I want to say to when I find the courage. I want to Yes, I'm happy you've found a car- ommunity where you fit in. It's very reassuring that you're active in AIDS education (and thus know the importance of practicing safe sex). I'm glad you're involved in your new church, whose lesbian minister is one of the finer shepherds of God I've ever met.

I understand it must have been hell for you to live a double life. I know it takes courage to start anew, to reach for happiness while still being true to yourself. But I wish you would talk to me about these things so I can understand.

I'd tell him: Please don't expect your children to accept your new life as completely as you have, especially since you're lavishing more attention on your new friends than you ever showed to us. With compassion and love, please let us know that although you feel more fulfilled as a person now, you wouldn't trade your legacy—your children—for the world.

A few months ago I almost said these things, but stopped when I realized my dad was not ready to hear them. I was divorced last year, and my dad had just met Guy, the new man in my life. When Guy left, my father said, "He's a good man—now make sure you don't drive him away."

Those words, and all they implied—because I was a woman I would scare off a good man—were a deep kick in the stomach. I could only sit there in hurt silence. He just didn't get it, and never would. I knew I'd have to simply accept it and move on.

Both my father and I have a long way to go. I believe that a parent's being gay, at whatever stage of life, is not a matter of right or wrong, genes or behavior. As a family, we children have tried to accept, love and understand our father, regardless of his sexual identity. I only wish that he had made the same effort to consider our point of view, too. It could have brought us closer, instead of pushing us further away. ■

For more information on children of gay parents, contact the Gay and Lesbian Parents Coalition International, P.O. Box 50360, Washington, D.C. 20004; 202-583-8029.

WE WANT TO HEAR FROM YOU

This column is a series of intimate conversations with women. If you'd like to comment on this article, or if you have a story you'd like to share, write to: Ladies' Home Journal, Box WW, 100 Park Avenue, New York, NY 10017. Articles must be true, first-person accounts about experiences that would be considered personal enough to reveal only to a best friend. (All identities will be kept anonymous.) Stories should be 1,000 words, typed double-spaced and accompanied by a self-addressed, stamped envelope. Please include your address and daytime phone number on the manuscript. We will pay $750 for each article accepted for publication.

Puerco de Debbie

My kids love Mexican food,



but they're not the



best-behaved in a restaurant.

So I slice a couple of pork chops into strips,



heat a little oil in a fry pan, brown the meat,



put it on soft tortillas, top it with lettuce, tomato and a little taco sauce.

And olé! Numero Uno Mom.



Debbie Gill
Omaha, Nebraska

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Great Cherry Flavor!



PARENTS HAVE A LOT OF QUESTIONS.

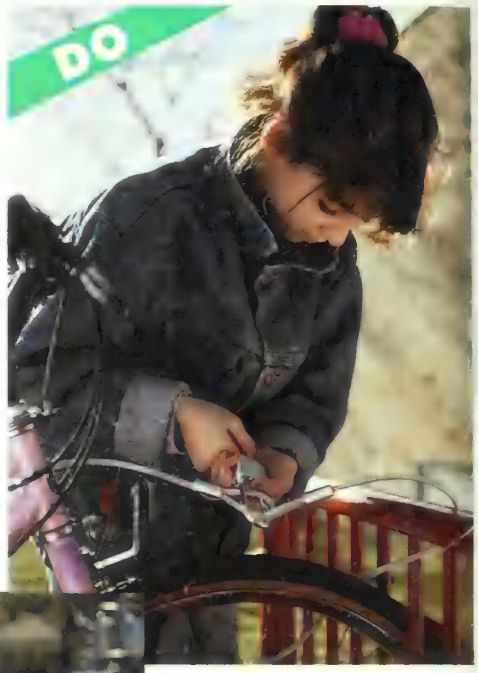
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How to raise STREETWISE KIDS

WE ALL WANT TO PROTECT OUR CHILDREN, BUT WE CAN'T ALWAYS BE WITH THEM. HERE ARE THE ESSENTIAL STRATEGIES EVERY CHILD MUST KNOW TO STAY SAFE. BY SHARLENE KING JOHNSON





TEACH KIDS BASIC SECURITY RULES, SUCH AS LOCKING BIKES

KIDS SHOULD NEVER GET ANY CLOSER THAN FIFTEEN FEET FROM A VEHICLE IF SOMEONE IN IT STOPS TO TALK TO THEM

Last October, in Plainville, Connecticut, an unidentified man asked a seven-year-old girl to get into his car. When she refused, he got out and grabbed her arm. The girl managed to break free and run for home.

A nine-year-old Bellingham, Massachusetts, girl was not so fortunate. After being lured into a car on her way to the store, she was raped repeatedly before being released—the man had used a kitten to gain her trust.

Although kidnapping by a stranger is a relatively rare crime, it's one of the most frightening. And it's clear from cases like these that children who know what to do have a much better chance of staying safe than those who don't.

Other crimes against children, such as theft or robbery, while often less horrific, occur more frequently. And crimes against kids are by no means limited to the inner city. Jerry L. Simmons, Ph.D., a social psychologist and author of *76 Ways to Protect Your Child From Crime* (Henry Holt, 1992), says that it's true big cities are more dangerous, but "we do know that in small towns crime is on the increase and tends to be more violent than it used to be."

However, says Simmons, "You can reduce a child's chance of being victimized by as much as ninety percent." How? By teaching them basic crime-prevention techniques at an early age. While that sounds simple enough, it can be difficult to teach a child what she needs to know without making her fearful or paranoid. Simmons believes that the solution is to emphasize what kids can do, not what is scary. Instead of telling her tales of all the bad things that could happen, make a game of role-playing different situations and acting out the best response. Also, make a point to teach her the following rules and tips.

Safety basics

There are certain things that every child must learn as early as possible:

- His full name, address and phone number.
- Both parents' first and last names.
- How to dial 0 or 911. (Unplug your phone and let her practice.)
- Whom to ask for help: anyone in uniform or on the job, a teacher, a store clerk, a waitress. (As a general rule, teach your child that the stranger *she* approaches is safer than one who approaches her.)
- How to say no. It's imperative that a child understand that he has the right to protest if someone's touch makes him uncomfortable.
- If accosted by a stranger, a child should yell, "This person is not my father [or mother]." Kids who simply struggle and yell may appear to be having a tantrum.

(continued)

Tide

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IF IT'S GOT TO BE CLEAN, IT'S GOT TO BE TIDE.

Street safety

Teach kids to stay with a friend or in a group whenever possible. When walking to and from school, friends' houses or parks, kids should avoid isolated areas. They should stay in well-lighted places at night, and stay at least fifteen to twenty feet from the door of a vehicle if someone stops to talk to them. (Demonstrate this distance.)

Caution kids to stay alert, walk confidently and pay attention to their surroundings. Criminals are expert at spotting kids who look like easy victims—those who look lost, confused, sad or upset. In addition, kids should:





TEACH KIDS TO LOOK FOR SPECIAL STICKERS THAT DESIGNATE SAFE HOMES OR BUSINESSES IN YOUR AREA

KIDS SHOULD STAY ALERT AND PAY ATTENTION TO THEIR SURROUNDINGS

■ Walk against the flow of traffic to prevent someone from following in a car.

■ Immediately surrender money or any other item that a mugger demands, especially if he has a weapon.

School safety

Even schools are not immune to crime. According to the Crime Prevention Coalition and the U.S. Department of Justice, almost half a million students were victims of violent crimes in or around their schools during one six-month period in 1991. While the situation at your child's school may not be dangerous, you can't simply assume that she will be safe there.

Pay attention to what's happening at the school. Attend school-board meetings, join the PTA, talk to other parents. Most important, talk to your child. Is she fearful of school or certain students? Why? Follow up on her comments. If she really doesn't feel safe. *(continued)*

TOP COPS' TIPS

We asked police officers around the country for their best safety tips for kids. Discuss these rules with your children to be sure they know what to do.

Officer Patricia M. Curtis, Washington, D.C.

How to avoid getting ripped off:

■ Carry only enough money for the day. Never flash large amounts of cash.

■ Don't use or wear expensive items, jewelry or watches on the street or in public transportation.

■ Stand tall, walk confidently and be observant.

■ If someone approaches you and asks for your money or belongings, give him what he wants. Don't try to argue—he may have a weapon.

Detective Jose E. Santiago, New York City

How to use public transportation safely:

■ Know your route ahead of time, including the exact stop where you're getting off and any transfers.

■ Stay alert; don't bury your head in a book, wear headphones or sleep.

■ Ride near the driver or conductor.

■ Wait in well-lighted spots or designated off-hour waiting areas.

■ Trust your instincts; if you feel uncomfortable, get away.

■ If a stranger accosts you, draw attention to the situation so others can help you.

Sergeant Ed Arambula, Los Angeles

How to avoid gangs:

■ Look for graffiti that may indicate gang territories.

■ Don't travel alone, especially in an unfamiliar neighborhood.

■ If you see a gang, don't stare or attract attention to yourself. Go around the block, return the way you came or go into a business and call an adult for a ride.

Officer Steven Anderson, Des Moines

Where to go for help when you're in trouble:

■ Safe places include a trusted friend's house, a fire department, a busy store, a restaurant or any other public place.

■ Some cities identify safe houses or businesses with special stickers. In Des Moines, "Blue Star Homes" have been checked out by the police department. New York City has a similar program called "Safe Haven." Find out if there is such a program in your area.

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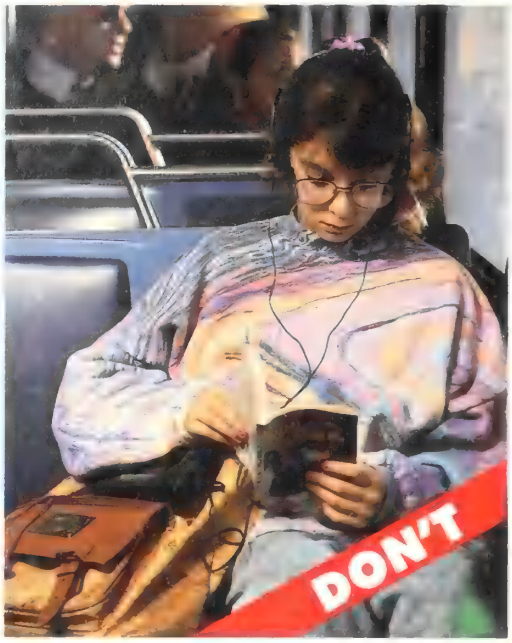


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(continued) consider changing schools.

If that's out of the question, talk frankly with your child about avoiding students who use drugs, carry weapons or seem to be involved in frequent fights.

Home safety

Unpleasant as it seems, your home is not necessarily a safe place either. Steven Anderson, a senior police officer with the City of Des Moines Crime Prevention Unit, stresses teaching your child to ask you before going anywhere—even across the street to Grandma's. Not only will this help you keep tabs on him, he'll be less likely to enter a stranger's car or home without asking.

Anderson says you should also know your child's friends, including last names and where they live. If your teen is baby-sitting, get the address and phone number there.

Sometimes safety—or the lack of it—is a question of looking out for one another's children. Since even the most vigilant parent can't keep constant watch over an active child, Simmons recommends forming neighborhood networks. It's as simple as meeting with your neighbors and agreeing to watch out for one another's kids. Ask your neighbors to call you, or the police, if they see *anything* unusual.



TEACH KIDS TO ASK SOMEONE IN UNIFORM IF THEY NEED HELP

KIDS SHOULD NOT READ OR WEAR HEADPHONES ON PUBLIC TRANSPORTATION

NEVER ATTACH A CHILD'S NAME AND ADDRESS TO HIS HOUSE KEYS

Teach kids never to go anywhere with anyone unless you've specifically told them it was okay, even if it's a close friend or relative (80 to 85 percent of all child molestations are committed by someone the child knows). Since kids often describe a stranger as a "big, mean man," make sure kids know that you can't tell what a person is like by how they look.

It's also important to teach kids basic security rules, such as locking doors. Hands-on practice will reinforce good security habits.

Finally, if your child is the victim of a serious crime, seek outside help immediately. For counseling or referrals, call the Victim Services Hotline (212-577-7777); the National Organization for Victim Assistance (NOVA, 202-232-6682); or the National Victim Center (817-877-3355).

Even if your child is the victim of a seemingly insignificant crime, take her seriously; listen to her. And above all, don't blame her for what happened. No one deserves to be victimized—especially a child. ■

For additional information, call the National Crime Prevention Council at 800-WE-PREVENT.

READ ALL ABOUT IT

There's a lot you can do to help your kids learn to read and lay the foundation for a lifelong love of learning. That's why Chrysler Corporation has teamed up with the American Federation of Teachers and the Association for Supervision and Curriculum Development to launch a reading program that shows you exactly how you can get more involved. Another bonus: a contest to win money for your school's library. For more information or free materials to inspire your kids to become better readers, turn to the special section that starts after page 110.

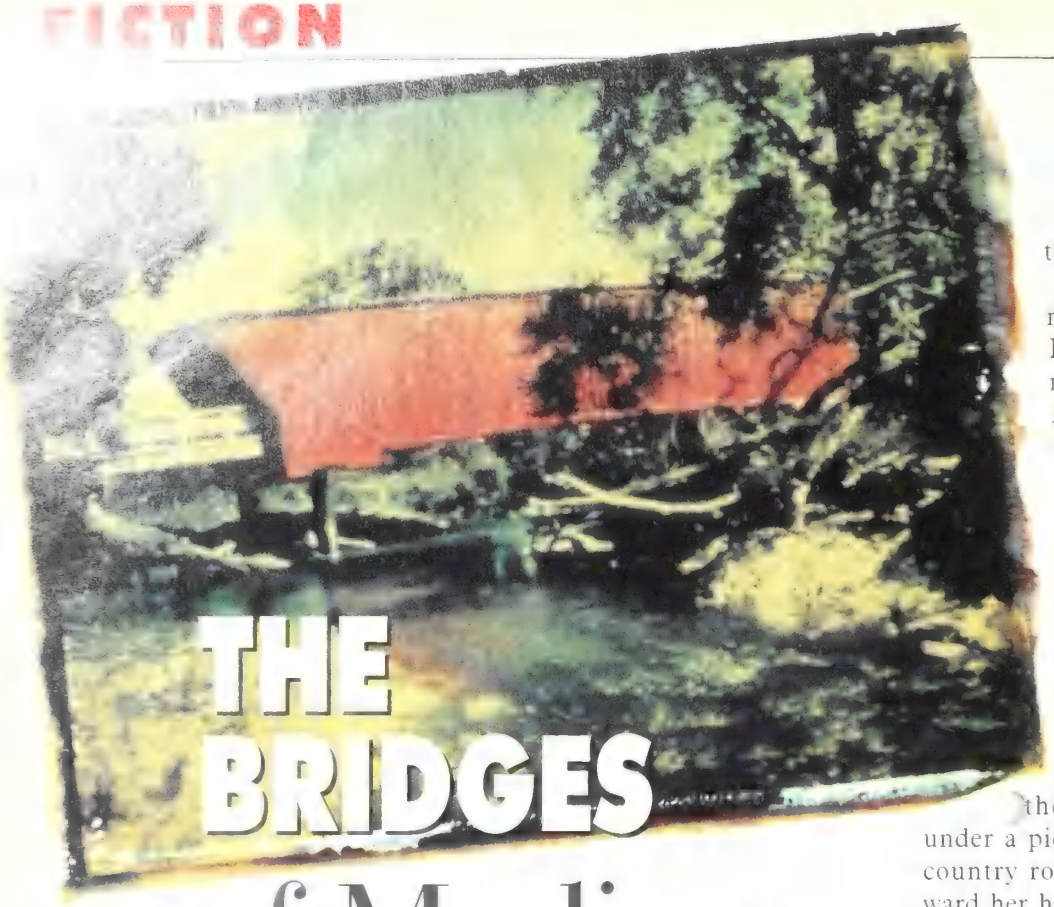
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THE BRIDGES of Madison County

Meet Francesca and Robert, the lovers whose poignant affair has captured America's heart. An excerpt from the year's most romantic novel

By Robert James Waller

Francesca Johnson set her brandy glass on the wide oak windowsill and stared at a black-and-white photograph of herself. Sometimes it was hard to remember how she had looked then, twenty-two years ago: tight, faded jeans, sandals and a white T-shirt, her hair blowing in the wind.

The first lines were beginning to show on her face. Still, she was pleased with what she saw. Her hair was black, and her body filled her jeans just about right. Yet it was her face at which she stared. It was the face of a woman in love with the man taking the picture.

She could see him clearly also, down the flow of her memory. He was tall and thin, and he moved without effort, gracefully. His disheveled silver-gray hair hung well below his ears.

She looked at the picture again. I did look good, she thought, smiling to herself. I never looked that good before or after. It was him. She took another sip of brandy while the rain rode hard on the back of the November wind.

Robert Kincaid was a magician of sorts. Francesca had sensed as much on a hot, dry Monday in August 1965, when he stepped out of his truck. Francesca's husband, Richard, and the children were at the state fair, exhibiting their prize steer. Francesca had the week to herself.

She had been sitting on the front-porch swing, watching the dust spiral up from under a pickup coming down the country road and turning up toward her house. Oh, God, she had thought. Who's this?

She was barefoot, wearing jeans and a faded blue workshirt. Her long black hair was fastened up by a tortoiseshell comb. She stepped off the porch and walked unhurriedly through the grass toward the truck. And out of the pickup came Robert Kincaid.

His tan shirt was tacked down to his back with perspiration. The top three buttons were undone, and she could see a plain silver chain around his neck. He smiled. "I'm sorry to bother you, but I'm looking for a covered bridge out this way, and I can't find it."

He looked directly at her, and she felt something jump inside.

"You're pretty close. The bridge is only about two miles from here." Then, Francesca surprised herself by saying, "I'll be glad to show it to you, if you want."

Why she did that, she had never been sure. A young girl's feelings rising like a bubble through the water and bursting out, maybe, after all these years.

He was taken aback, slightly, by her offer. But he *(continued)*

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...and said he'd appreci... ...back steps she picked ... ...boots she wore for chores ... ...in his truck.

"...a minute to make room ... ...stuff in here." He ... ...rugged canvas bags and tripods. "Okay, I think you can squeeze in there ... ...the door, closed it behind ... ...in behind the wheel, he ... ...at her, smiled slightly, and said, "Which way?"

"Right." She motioned with her hand. Along the lane, bouncing, his long legs working the pedals, old Levi's running down over worn brown field boots.

He leaned over and reached into the glove compartment, took out a business card and handed it to her. "Robert Kincaid, Writer-Photographer." His address was printed there, along with a phone number.

"I'm out here on assignment for *National Geographic*," he said. "They're doing a piece on covered bridges, and Madison County, Iowa, has some interesting ones. I've located six of them, but there's one out in this direction."

"It's called Roseman Bridge," said Francesca over the noise of the wind and tires and engine. Her voice sounded strange, as if it belonged to someone else. As she spoke, she watched the muscles in his forearms flex when he shifted gears. "Turn right at the next corner," she said.

He pulled a pack of cigarettes from his shirt pocket, shook one out, and offered it to her. For the second time, she surprised herself and took the cigarette. What am I doing? she thought. She had smoked years ago but gave it up under the steady thump of criticism from Richard.

Francesca Johnson, farmer's wife, rested against the truck seat, smoked the cigarette, and pointed. "There it is, just around the curve." The old bridge, peeling red in color, sat across a small stream.

Robert Kincaid had smiled then. He stopped a hundred feet from the bridge and got out, taking a knapsack with him. "I'm going to do a little reconnaissance for a few minutes; do you mind?" She shook her head and got out.

Francesca watched him walk up the road, taking a camera from the knapsack and slinging the bag over his shoulder.

It was quiet. A meadowlark called from the roadside grass. Nothing else moved in the white sun of August.

Francesca swung open the truck door. It looked cooler inside the bridge. O... there, she watched the water throug... crack in the planks until she sensed ... boots on the bridge flooring. He wal... to her and held out a small bouque... wildflowers, black-eyed Susans. "Tha... for the guided tour." He smiled. 'I... come back at dawn and get my sho..." She felt something inside of her ag... Flowers. Nobody ever gave her flow... even on special occasions.

"I don't know your name," he sa... When she told him, he nodded and sa... "I caught a trace of an accent. Italian?"

"Yes. A long time ago."

He turned the truck up the l... "Richard is your husband?" ... had seen the name on the mail ...

"Yes," said Francesca, slightly sho... breath. Once her words started, they ... on coming. "It's pretty hot. Would ... like an iced tea?"

He looked over at her. "If it's all r... I sure would."

"It's all right," she said.

Jack, the collie, snuffled around Kinc... boots, while Francesca removed ice f... metal trays. She set the glass before ... and the bouquet in water in an old jelly g...

He took a small drink of tea ... watched her. She was about five feet ... fortyish or a little older, pretty face. ... there were pretty women everywher... traveled. Still, there was somethin... Francesca Johnson that did interest h...

She sat at the table, one leg curled u... der her, and pulled back strands of a... that had fallen over her face. "What ... you do, exactly, with the photography?"

He spoke quietly. "I'm a contract p... tographer for *National Geographic*. T... pay is decent. Not great, but decentl... steady. The rest of the time I write ... photograph on my own hook and s... pieces to other magazines.

"Sometimes I write poetry, just fo... myself. I live north of Seattle and w... around that area. How about you?"

Francesca hadn't expected him to ... She stammered for a moment. "Oh, ... nothing like you do. I got my degr... in comparative literature. I taught ... school English in town for a few years. ... Richard didn't like the idea of me w... ing. So I became a farm wife full-time."

She noticed his iced tea was al... gone and poured him some more.

"Thanks," he said. "How do you l... here in Iowa?"

She didn't answer immediately. ... the first time, she looked into his ... "I'm supposed to say, 'Just fine. It's q... The people are real nice.' All of t... true, mostly. It is quiet. And the p... *are* nice. We all help each other out.

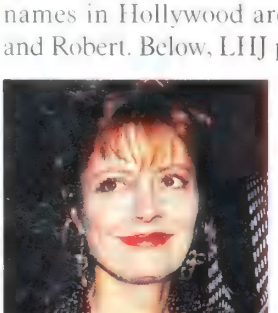
"But"—she hesitated, "it's not w... dreamed about as a girl."

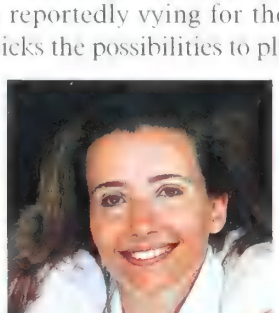
He said nothing for a moment. T... "I scribbled something *(continued)*

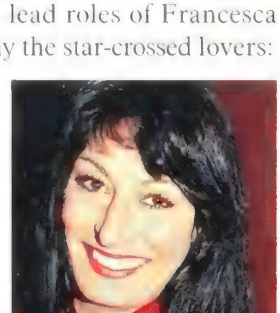
CASTING CALL

WHO WILL PLAY FRANCESCA AND ROBERT IN THE MOVIE OF *THE BRIDGES OF MADISON COUNTY*?

An early fan of the novel, producer-director Steven Spielberg snapped up the movie rights to the quiet love story set in rural Iowa. The screenplay for the movie was completed recently. Meanwhile, some of the biggest names in Hollywood are reportedly vying for the lead roles of Francesca and Robert. Below, LHJ picks the possibilities to play the star-crossed lovers:

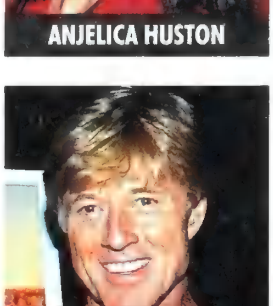

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ANJELICA HUSTON


HARRISON FORD


PAUL NEWMAN


ROBERT REDFORD



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Saturated Fat Comparison.
Crisco 12 g. total fat per tablespoon

The Ultimate Chocolate Chip Cookie

3/4 cup Butter Flavor Crisco®
1-1/4 cups firmly packed light brown sugar
2 Tbsps. milk
1 Tbsp. vanilla
1 egg
1-3/4 cups all-purpose flour
1 tsp. salt
3/4 tsp. baking soda
1 cup semi-sweet chocolate chips
1 cup large pecan pieces (optional)**

Heat oven to 375°F. **Combine** Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. Beat at medium speed of electric mixer until creamy. **Beat** egg into creamed mixture. **Combine** flour, salt and baking soda and mix into creamed mixture until just blended. **Stir** in chocolate chips and pecan pieces. **Drop** rounded tablespoonfuls (about 2 measuring tablespoons of dough) 3 inches apart on ungreased baking sheet. **Bake** at 375°F for 8 to 10 minutes for chewy cookies (cookies will appear moist; DO NOT OVERBAKE), or 11 to 13 minutes for crisp cookies. **Cool** on baking sheet 2 minutes. **Remove** to cooling rack.

3 Dozen 3-Inch Cookies



*Butter Flavor Crisco is artificially flavored.

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the other day for future his: 'The old dreams were ney didn't work out, but I'm I did them.' I'm not sure what that kind of know how you feel."

Francesca smiled at him then. The gambler's instincts took over. "Would you like to stay for supper? My family's away, so I don't have too much on hand, but I can figure out something."

Well, I get pretty tired of grocery stores and restaurants. That's for sure. So if it's not too much bother, I'd like that."

pocket, and the weather on my side," a voice sang, guitars chunking along underneath.

"I'm pretty good at chopping vegetables," he offered.

"Okay, there's the cutting board. I'm going to fix a stew, so kind of cube the vegetables."

He stood two feet from her, chopping the carrots and turnips, parsnips and onions. Francesca peeled potatoes, aware of being so close to a strange man.

"You play the guitar?" she asked. "I saw one in your trunk."

"A little bit. My wife was an early folkie, and she got me going on it."

Francesca stiffened slightly at the word

They gave up the pretense of dancing, and her arms went around his neck. His hand was brushing her cheek, her hair.

Upstairs, Francesca ran a quick bath. During the last shopping trip to Des Moines, she had bought new perfume—Wind Song—and she used it now, sparingly. What to put on? It didn't seem right for her to dress up too much. White shirt, a clean pair of jeans, sandals. Gold hoop earrings. Hair pulled back with a clip, hanging down her back. That felt right.

When she came into the kitchen, he was sitting there with his knapsacks and cooler. On the table were three cameras.

He looked up at her. "I have some beer in the cooler. Like one?"

"Yes, that would be nice."

He took out two bottles of Budweiser. He handed her a bottle and raised his in a half salute: "To covered bridges in the late afternoons." He grinned.

Francesca said nothing but smiled softly and raised her bottle a little, hesitantly. "I'm going out to the garden to get some vegetables. I'll be right back."

He looked up. "Need help?"

She shook her head and walked past him, feeling his eyes on her hips, wondering if he watched her all the way across the porch, guessing that he did.

When she came back, Robert Kincaid was repacking the knapsacks. He had finished his beer and opened two more.

"How long will you be here?" she asked, looking down at the vegetables she was working on.

"I'm not sure. My deadline for the bridge pictures is still three weeks away. Probably about a week."

"Where are you staying? In town?"

"Yes. A little place with cabins. Something or other Motor Court."

"That's the only place to stay." Francesca reached along the counter and flipped on the radio. "*With time in my wife*. Why, she didn't know. He had a right to be married, but somehow it didn't fit him.

"She couldn't stand the long shoots when I'd be gone for months. I don't blame her. She divorced me nine years ago. We never had children, so it wasn't complicated."

"You hear from her?"

"No, never."

That was all he said. But she felt better, selfishly, and wondered again why she should care one way or the other.

"I've been to Italy," he said. "Where you from, originally?"

"Naples."

"Never made it there. I was in the north once, doing some shooting along the River Po." He finished chopping vegetables. "Anything else I can do?"

She shook her head. With the cooking under way, Francesca sat across from him once again. Modest intimacy descended upon the kitchen. It came, somehow, from the cooking.

"If you don't mind, tell me a little about your life in Italy."

She talked. Told him about the private school, the nuns, her parents. About standing on the sea wall as a teenager and watching the ships. About the American soldiers that came later. About meeting Richard in a café where she and some girlfriends were drinking coffee.

He listened, nodding occasionally.

She felt guilty mentioning Richard's name. She hadn't done anything, yet she could feel guilt. And she wondered how to manage to the end of the evening and if she had gotten herself into something she couldn't handle.

Now what? thought Francesca. Supper over, sitting there. He took care of it. "How about a walk in the meadow? It's cooling down a tle." When she said yes, he reached in knapsack and pulled out a camera, ping the strap over his shoulder.

A moon nearly full was coming over the eastern sky, which had tu azure. It had been a long time since had taken a walk like this.

Red streaks cut across part of the "I call that 'bounce,' " Robert Kin said, pointing upward. "After the goes down, there's some nice light color in the sky, just for a few minute

Francesca said nothing, wonde about a man who got excited about color, who wrote a little poetry, earned his living by images and ca his tools in knapsacks.

They had walked slowly into the ture a few hundred yards, made a and were headed back toward the h Darkness came about them. She re bered the brandy. "I have some bra Or would you like some coffee?"

"Is the possibility of both open?" words came out of the darkness. knew he was smiling.

"Of course," she answered, somet in her voice that worried her.

He sat on the same chair he used before and watched her wondered how her hair w feel to his touch, how the curve o back would fit his hand. He trie think of something else, photograph the covered bridges.

She could feel his eyes on her, thoug watching was circumspect. While sh ranged the coffee, he opened the bottle poured the right amount into each gl

He raised his glass. "To ancient even and distant music." His words made take a short, quick breath. But she tou her glass to his, and smiled a little.

Francesca was feeling good feel old feelings. Still, it was time for hi go, she thought.

His glass was empty. He swung ar from looking out the window. "Rose Bridge at dawn. I'd better get going."

She was relieved. But she sank in appointment. Yes, please leave, s thought. Stay. Go.

He stood. His hand moved toward and she took it. "Thanks for the even the supper, the walk. They were all n

She followed him out to his truck stood by while he put his gear in "Good-bye. Take care," he said, stopp by the truck door to look at her for a ment, straight at her.

After he left, Francesca stood b the bureau mirror, naked. H hips flared only a little, her bre were still nice and firm. She couldn s her legs in the mirror, but she knew th were still good. She should shave yo often, but there *(continued on page 1*

lorox Company 1993





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‡Reflects light trading.

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Keeping your cats and dogs healthy and happy. By Shana Aborn

The STRANGEST breed

Ever wonder whether other people are as crazy about their pets as you are? A survey of more than four thousand cat and dog owners reveals some of the unusual things they do:

- Seventy-four percent of dog owners and 70 percent of cat owners give their pets presents on holidays.
- Eighty-one percent of cat owners kiss their kitties, while 63 percent of dog fanciers indulge in pooch-smooching.
- Forty-eight percent of those surveyed say they sneak their animals scraps at the table; 41 percent feed the pets directly from their plates; and 45 percent let them lick the plates clean. But only 8 percent will continue to eat from a plate that their pets have licked.
- When they come home, 66 percent of dog owners and 57 percent of cat owners greet their pets before the spouse and kids.
- Seventy percent of dog owners and 62 percent of cat owners say they'd risk their lives to save their pet—in fact, 6 percent have done just that. And if both they and their pet needed nonemergency medical treatment, 67 percent say they'd tend to their pet first.
- Cats also have more privileges: 73 percent of cat owners allow their felines to sleep in the bedroom at night, while only 47 percent of dog owners do.
- And, yes, most couples do allow their animals to stay in the bedroom when passion strikes; only 27 percent are modest enough to send them away.



From "Do You Do It When Your Pet's In Your Room?" by Barry Sinrod. Copyright © by Barry Sinrod. To be published by Ballantine Books, a division of Random House, Inc.

HELP! I'M ALLERGIC TO MY PET

If someone in your family suffers minor allergy symptoms around a pet, a specialist can prescribe medication or allergy shots.

You can also defend yourself against allergenic substances. "Animal fur is not the cause of an allergic reaction," says Harold M. Zweighaft, D.V.M., a New York veterinarian. "The real culprits are dog dander and cat saliva."

Brush your dog or cat regularly, preferably outdoors, and bathe them with a gentle soap monthly. Stuart Young, M.D., a New York allergy specialist, suggests that sufferers wear a dust mask and rubber gloves when caring for their animals—or delegate those chores to someone else. You can also keep your dog's skin, where dander originates, in top condition by adding a tablespoon of safflower or sunflower oil to his food.

Keep pets out of the bedroom and off the furniture. Fleas, dust and mold are allergens, too, so keep your house clean.

—SUE BERKMAN



Ask the vet

BY WILLIAM D. SWARTZ, D.V.M.

I've had my two female tabby cats for ten years, and until now they've always lived peacefully together. Recently, though, one of them has begun licking and biting the other whenever she comes near. Why the sudden change?

It sounds as though your biter is trying to establish her place as "top cat." Like most animals, cats establish a social order when in groups, with one dominant over the rest. This leader will often lick, bite or rub faces with the others to show that he or she is superior. However, your cat's behavior could stem from a condition such as a urinary tract infection or a hormonal imbalance. I suggest you have a vet examine her to rule these out. In the meantime, you can help restore harmony by giving each cat extra individual attention and a special place to call her own, such as a cat bed.

We welcome your questions about animal health and behavior (emergency matters, however, should be handled by your veterinarian). Send your letters to Box PN, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

PLEASE DON'T LITTER

May and June are the months when more kittens are born than any other time of the year—and, consequently, shelters become overcrowded with unwanted pets. The American Humane Association, the American Society for the Prevention of Cruelty to Animals, The Humane Society of the United States and the Massachusetts Society for the Prevention of Cruelty to Animals urge cat owners to have their pets neutered to prevent needless abandonment and euthanasia.

To learn more about the problem of pet overpopulation and homelessness, watch *Throwaway Pets*, a PBS documentary underwritten by Hill's Science Diet, which premieres this month (check local listings).

In art, taste is subjective.



In life, good taste is well defined.



There are those with very simple tastes in They simply want the best.

For them, the cat food of choice is Fancy ast. Exceptionally moist and delicious, only Fancy Feast offers distinctive varieties to suit your cat's every mood.

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JOAN LUNDEN

Tough enough

The TV star's bitter divorce made headlines last year. Here's an update, plus her painful story about her journey to become strong again

"Would I be tough enough to make it through this ordeal?" That's the question Joan Lunden, the most popular morning newscaster on TV, asked herself early last year. Lunden, now forty-two, has been co-hosting *Good Morning America* for almost thirteen years—longer than any other morning anchor—bringing us the news with dignity and style. She appeared to have successfully combined a glamorous, lucrative career with a strong marriage and family. So in January 1992, when she announced that she had separated from her husband of thirteen years, fifty-four-year-old producer Michael Krauss, viewers were stunned.

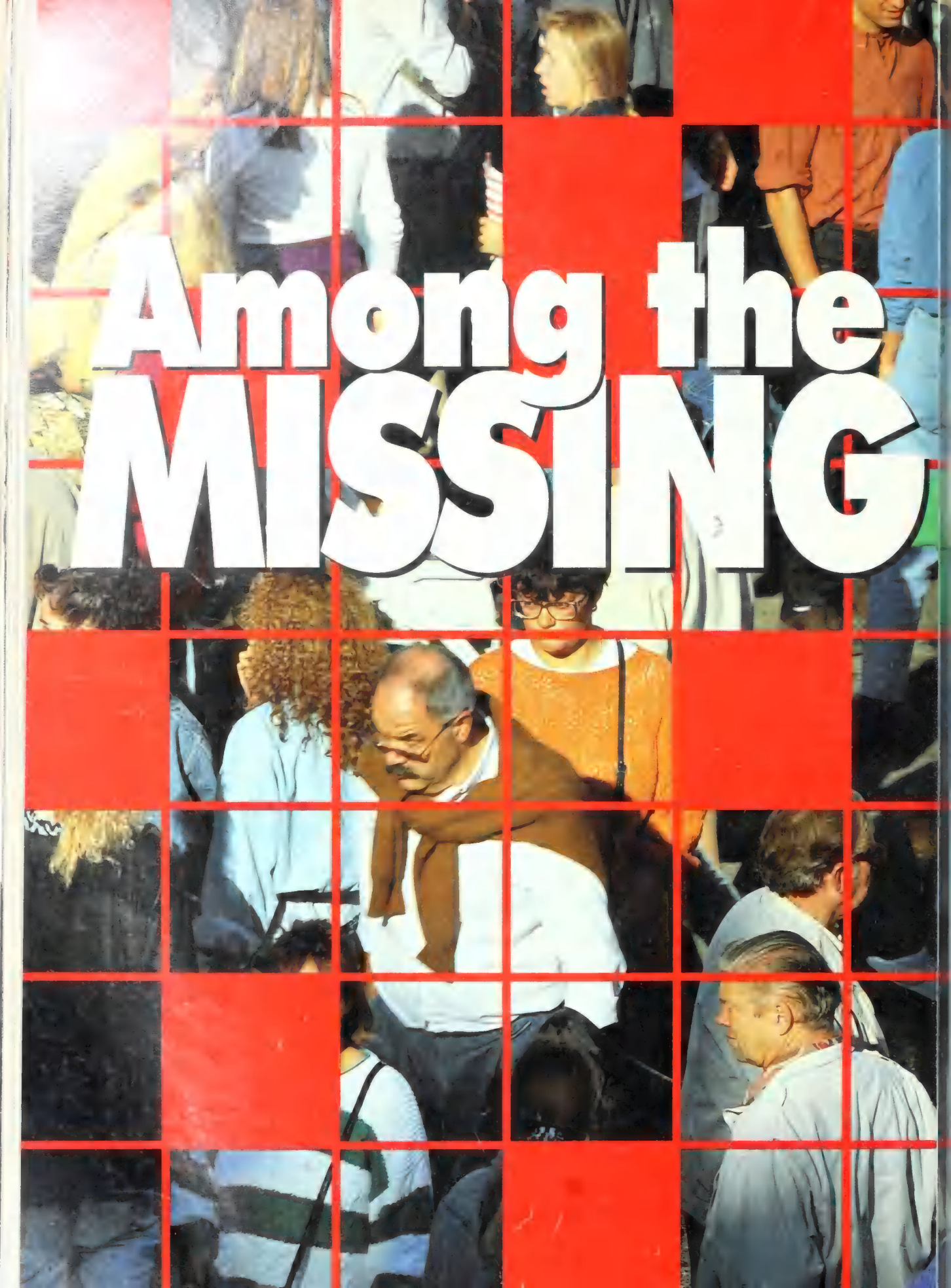
Krauss and Lunden met in 1976 at WABC-TV and started dating while working together at *Good Morning America*, where he was a producer and she was a consumer-news reporter. After they were married, he formed his own production company, generating, among other things, several cable and syndicated programs featuring his wife. Lunden says that her collaborations with Krauss amounted to a second job, requiring vast amounts of her time and eventually vast amounts of her money, sometimes against her better judgment.

Nevertheless, when Lunden told Krauss that she wanted a divorce, she hoped that it would be friendly. But Krauss, claiming he was responsible for his wife's success, sought and won court-ordered temporary support payments of $18,000 a month. He also asked for sole custody of their three daughters: Jamie, twelve, Lindsay, ten, and Sarah, five. (At press time, none of these matters had been settled.)

Since Lunden announced her separation, she has been plagued by tabloids eager to cover her and Krauss's disagreements. Last summer, one paper printed a rumor that Lunden was involved with actor Alan Thicke (of *Growing Pains*). When the publication learned that the story was completely untrue, it was forced *(continued on page 218)*

Photo: Jonathan Exley/Gamma-Liaison; hair, Mark Daniel/Fonzi, makeup, Donna Mensching-Kayser; stylist, Pat Henry for Katie Daley; jacket, Excelled, earrings and ring, John Hardy at Metropolitan Design Group; Pensi Toledo chair for Knoll Studio, a division of the Knoll Group




Among the
MISSING

Each year, thousands of people mysteriously vanish, leaving behind heartbroken families. Are they kidnap victims—or are they simply running away? A report on this baffling phenomenon, plus two poignant cases that remain unsolved. By Michael J. Weiss

Your spouse goes to work, runs an errand or leaves your sight just for a second—and never comes back.

It sounds like the plot for a TV movie, yet far too many of these mysterious disappearances are happening in real life. Every year, thousands of husbands and wives vanish from their homes—some only temporarily, others never to return to their former lives. And as the families left behind have discovered, it's easier to trace and recover automobiles, handguns and silverware than it is to find human beings.

The FBI's National Crime Information Center reported 24,428 cases of missing adults filed by police as of December 1, 1992. However, some private investigators estimate the number is much higher—perhaps more than one hundred thousand. But because there is no law forbidding adults to run away from home, it's virtually impossible to obtain accurate statistics on the extent of the problem. No U.S. agency breaks down missing-adult cases by marital status, and no organization deals with missing spouses on a national scale.

Those close to the problem, however, agree that the numbers are growing. Increasingly bitter custody disputes in recent years have sent more and more divorcing parents packing, their children in tow. And the recent recession has placed even more strains on spouses, tempting some to escape their problems rather than face up to them. "Disappearing is a kind of geographic cure," says Marilyn Greene, a private investigator from Schenectady, New York. "Suicide is one way out. Disappearing is another."

In some instances, the missing persons do return home or notify relatives that they've moved elsewhere. Some—notably the elderly or mentally ill—wander away from home without knowing the way back, and are later found. In a few cases, the parties completely cut their ties to the past and create new identities for themselves.

Of course, not all missing spouses disappear of their own free will. FBI statistics indicate that as of December 1992, about 10 percent of all cases have involved foul play—such as last year's kidnapping and murder of Exxon executive Sidney J. Reso. But unless there's clear evidence of wrongdoing, the FBI won't enter a case. And local police agencies often lack the budget and staff to make missing spouses a high-priority concern.

Yet public indifference cannot diminish the private pain of spouses left behind, who can only wonder whether their husband or wife desperately needs help or just wants to be left alone. Like the relatives and friends of the two people in the following stories, they are often sustained by hope alone. Against all odds and with little evidence, they cling to the belief that their loved ones are still alive—and that in recounting their stories publicly, the mysteries may one day be solved.

A fateful gamble

On the evening of May 27, 1992, forty-nine-year-old Tom Guenette left his seat at an Atlantic City casino, telling his wife, Linda, that he was going to the men's room. He disappeared through a maze of slot machines, and he has not been seen since.

The Chicopee, Massachusetts, couple had come to the New Jersey gambling mecca planning a week of fun. For two days, they strolled the boardwalk and tried their luck; Linda even won $250 on one machine. It was about five P.M. on Wednesday when they were playing the slots at Merv Griffin's Resorts Casino Hotel that Tom excused himself, saying, "Hold my machine. I'm coming right

(continued)



For one heartbreaking, exhausting week, I lived as an obese woman—and endured, every day, the kind of openly contemptuous behavior most people never have to suffer. If you have ever laughed at an overweight person—or are overweight yourself—you must read this story.

One morning I gained one hundred fifty pounds, and my whole life changed. My husband looked at me differently, my kids were embarrassed, friends felt sorry for me, and strangers were shamelessly disgusted by my presence. The pleasures of shopping, family outings and going to parties turned into wrenchingly painful experiences. In truth, I became depressed by just the thought of running even the most basic errands; a trip to the grocery store or the video shop was enough to put me in a bad mood. But mostly, I became angry. Angry because what I experienced in the week that I wore a "fat suit"—designed to make me look like a two-hundred-fifty-plus-pound woman—was that our society not only hates fat people, it feels entitled to participate in a prejudice that at many levels parallels racism and religious bigotry. And in a country that prides itself on being sensitive to the handicapped and the homeless, the obese continue to be the target of cultural abuse.

To many, obesity symbolizes an inability to control oneself or to maintain personal health. Fat people are often perceived as smelly, dirty, lazy failures (whose extra girth must also be expected to shield them from cruel insults and blatant disdain). The issue of personal space also plays a prominent role in this prejudice—many feel that fat people take up more than their justifiable territory on the bus, in movie theaters, in store aisles, in general. Judging from my recent experience as a counterfeit obese person, it seems we are more tolerant of ill-mannered, indecent individuals who are slim than we are of honorable, oversize citizens.

We are a society that worships slimness and fears the full figure. I am no different. After having given birth to three children, waved good-bye to thirty long ago and succumbed to the natural laws of gravity, I found myself holding on to twenty or so pounds that I've never looked upon in a friendly way. And anyone

who knows me could reveal my own on-off-on-off dieting battles. But nothing could have prepared me for the shame and disrespect imposed upon the clinically obese (that is, those more than 20 percent over ideal weight for a given height).

When Goldie Hawn was weighted down with two hundred extra pounds in last year's movie *Death Becomes Her*, I thought, I wonder what it would really be like to look so big? Then I asked myself, What would it be like to live like that? And so this experiment was born.

Each morning during the first week, I slipped into a custom-made "fat suit" designed by special-effects artist Richard Tautkus of New York City (he's responsible for costumes worn in The Ringling Bros. Circus, the upcoming Star Wars road show and a number of hit movies and Broadway shows), and made my way into a world where I was alternately treated as invisible or regarded as a spectacle. Following is my diary:

FAT like me

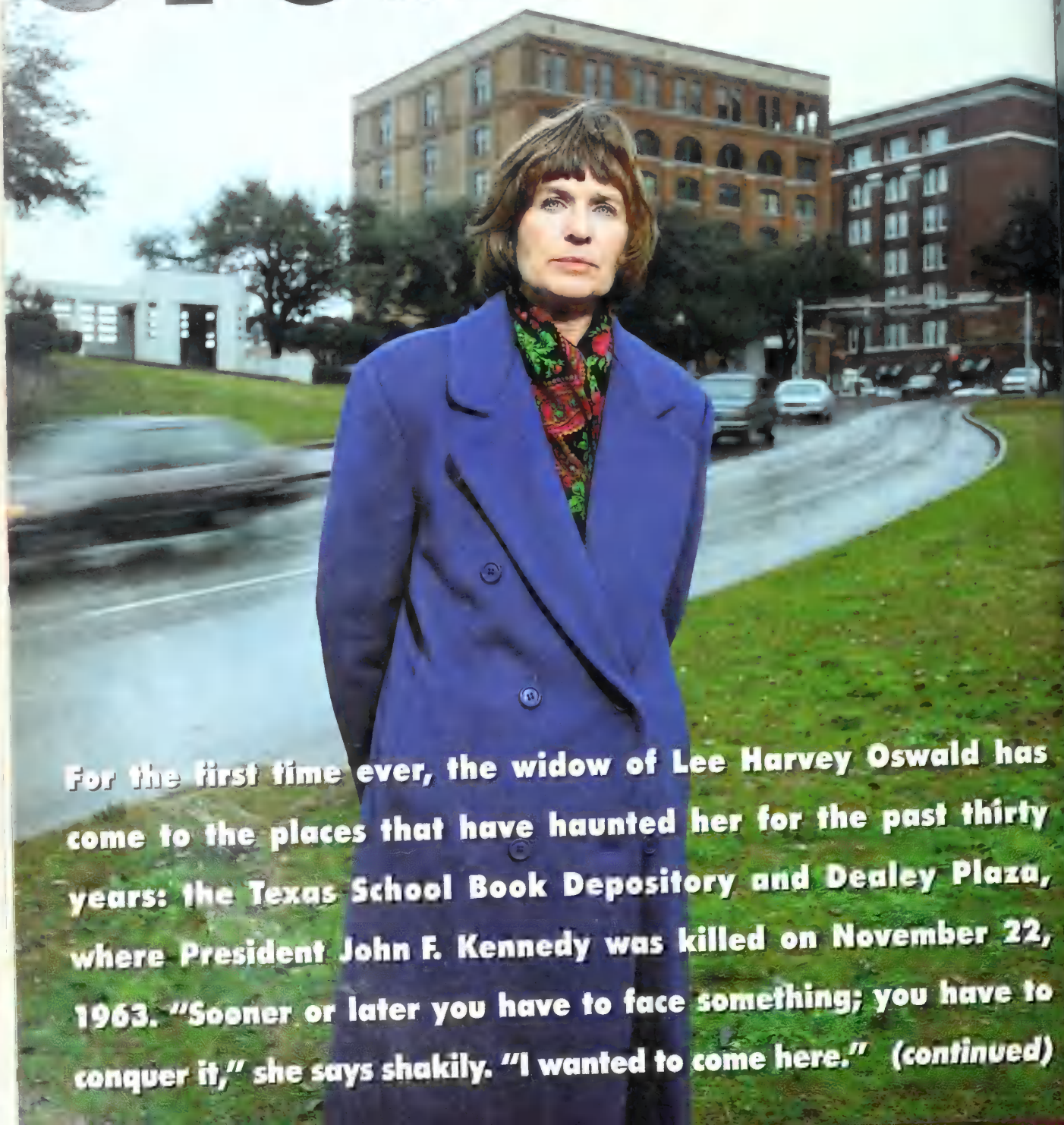
BY LESLIE LAMPERT



Friday

10 A.M.: I take a taxi from the *Ladies' Home Journal* offices in Manhattan to Richard Tautkus Studio, in Long Island City, for Richard and his assistants, Jim and Steven, to finish sculpting me into my new persona. I am nervous about this assignment, especially when I recall a recent newspaper series reporting a study of former fat people (all of whom had lost significant amounts of weight after intestinal bypass surgery) who *(continued on page 214)*

MARINA'S STORY



For the first time ever, the widow of Lee Harvey Oswald has come to the places that have haunted her for the past thirty years: the Texas School Book Depository and Dealey Plaza, where President John F. Kennedy was killed on November 22, 1963. "Sooner or later you have to face something; you have to conquer it," she says shakily. "I wanted to come here." *(continued)*



Left, Marina in front of the grassy knoll, where some say another assassin lurked. Just behind her is the Texas School Book Depository. This page, she visits the sixth floor of the book depository where Oswald is said to have fired the fatal shot.

BY KATHRYN CASEY

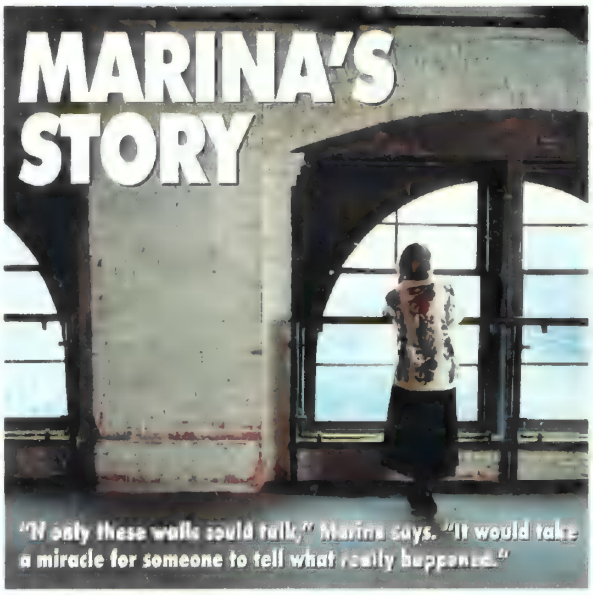
Marina peers nervously out a window on the book depository—the very bank of windows ind allegedly fired. "I hate to look," she ll thick with the accent of her native Russia, ealey Plaza and the path of Kennedy's only these walls could talk. It would take a meone to tell what really happened."

years. Marina, too, kept silent. It wasn't until an exclusive interview with *Ladies' Home Journal*, first spoke publicly about the pain of being a twenty- r-old mother, a foreigner in a strange country and the most infamous man in America. She also hat although she once believed that her husband lty, she had grown to doubt the Warren Commission that branded Oswald the lone gunman.

The article caught the eye of Hollywood producers, and later vear, NBC will air a movie of Marina's story starring Helena Bonham Carter, of *A Room with a View* and *Howards End*.

Haunted by the past

Marina met Lee Harvey Oswald, a high school dropout and an ex-Marine who had applied—but been turned down—for Soviet citizenship, in the city of Minsk, where he was working. They were married, and in 1962, Oswald brought his young wife to America. Marina remembers being very much in love with her husband. "Yes, I loved him," she says. "They ask me, `How can you love an assassin?' I didn't fall in love with the assassin, I fell in love with the man." And it was Oswald the man she grieved for when, just two days after Kennedy's assassination, he was gunned down by Dallas nightclub owner Jack Ruby.



"If only these walls could talk," Marina says. "It would take a miracle for someone to tell what really happened."

Although Marina, fifty-four, remarried twenty-seven years ago, raised three children and is the grandmother of five, she admits that day in Dallas never left her. She sometimes has flashbacks, usually of walking in slow motion through a crush of reporters shouting questions in a language she can't understand. For many years, she accepted the role of widow of the assassin, but it cost her dearly. "I'm all crumbled inside," she says, explaining how the disgrace ate away at her. "Lee was buried, but I was [buried] even deeper by [the weight of my] humiliation."

But in 1978, after Congress reopened the investigation into Kennedy's death, Marina began reevaluating the evidence, studying books and movies on the assassination. "It has been like a heavy object, a hammer in my mind," she says. Perhaps buoyed by projects like Oliver Stone's movie *JFK* and the new interest it spawned in a possible conspiracy, Marina now maintains: "Lee never fired a shot. He was a patsy." Narrowing her haunted blue eyes, she concludes, "It was a political assassination. Very professionally done."

The fact that her husband was shot only strengthens her belief. "If he were guilty, he'd still be alive," she says. "There would have been no need to kill him, to shut him up."

Pointing out of one of the sixth-floor windows at the alleged path of Oswald's shots, Marina scoffs, "Let intelligent people come and judge for themselves. I'm not an expert, but it's obvious to me [that it is impossible]."

Though the sixth floor has been open to the public as a museum since 1989, this is Marina's first visit, and she has been dreading it. Everywhere, images of the past surround her: Jack and Jackie Kennedy on their wedding day; a vibrant Kennedy taking the oath of office; Jackie, her smart pink suit bloodied, crawling back over the trunk of the presidential limousine; John-John saluting his father's casket. These reminders both frustrate and obsess her. "I don't want to live in the past," Marina says. "I want to live right now, but it's not in my power."

As she talks, a black-and-white video plays. In it, Oswald, guarded by police escort, is led down a long hall while reporters shout questions. A narrator says, "In Dallas, Lee Harvey Oswald has been arrested for the assassination of President Kennedy." Marina stares resolutely out the window. If she hears, she doesn't react.

A need to speak

Voicing her beliefs—and opening herself up to criticism—has been difficult for Marina. "You don't know how many times I talk to myself, `Why am I doing this?' " she says, shaking her head. "Sometimes I want to throw in the towel." It has been painful for her family, too. Marina admits her children (June, thirty-one, and Rachel, twenty-nine, by Oswald, and son Mark, twenty-seven, by her second husband, Kenneth Porter, a carpenter) are not happy with her decision to allow the TV movie to be produced. "I think they want to be left alone," she says. "It's their right."

Despite the pain, Marina says she is compelled to tell others what she believes. "You try to put things behind and go on with your life, but it's on television, in the papers. Lee Harvey Oswald—assassin. It just slaps me in the face," she whispers. "I have the opportunity to put on record my beliefs . . . that is the best I can do."

Understandably, Marina's relationship with America, her adopted country, has been uncomfortable. "For many years, I felt I loved this country; this country did not love me," she says. Although she's lived in the U.S. for nearly thirty-two years, she became a citizen only three years ago, when she wanted to travel as an American while accompanying filmmakers who were shooting part of her story in Russia.

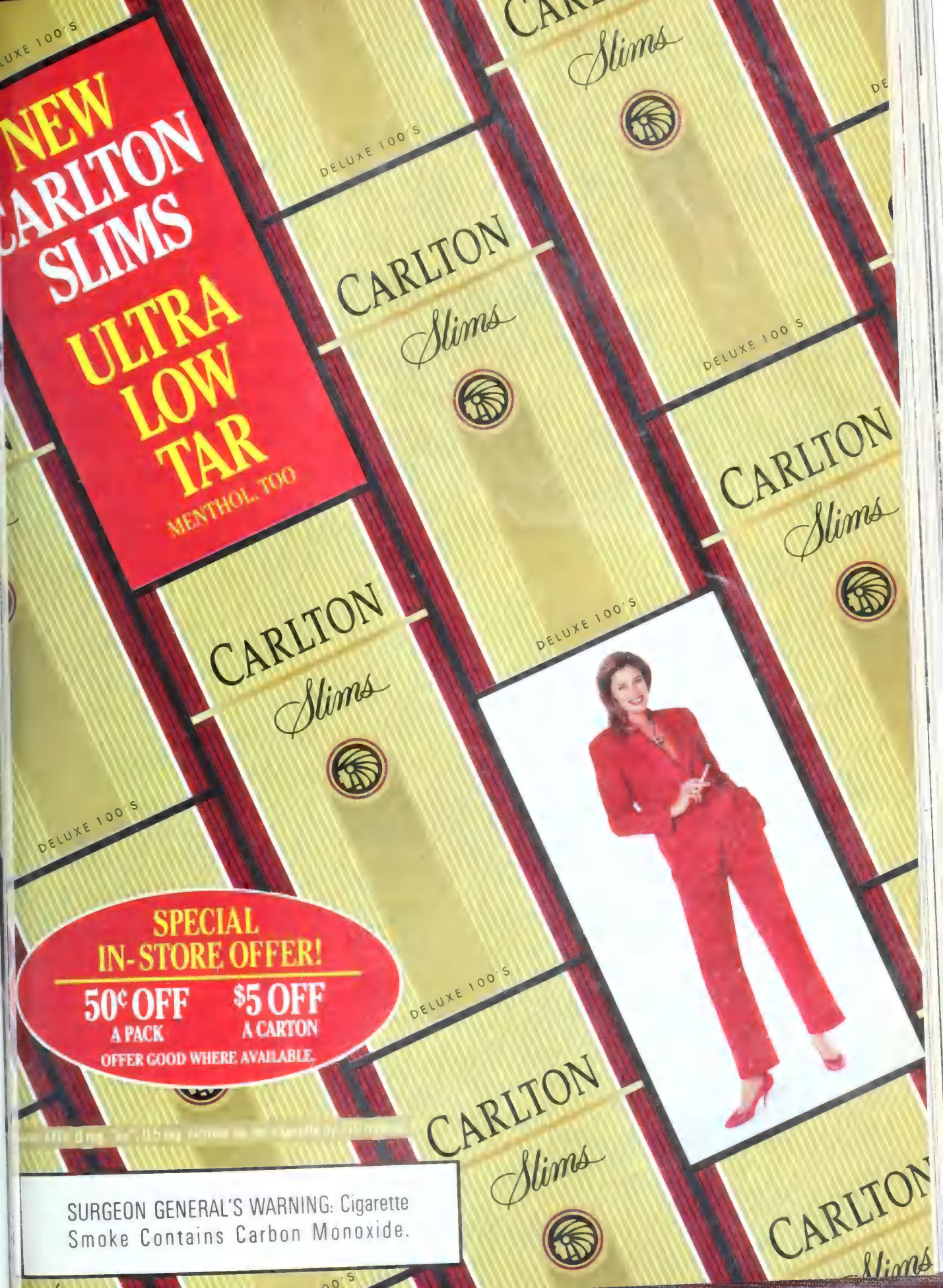
Her pilgrimage to her native country was an emotional experience. She says she felt like a stranger in her homeland. "When I flew back to Dallas, I knew I belonged here," she says. "I love America with all my heart."

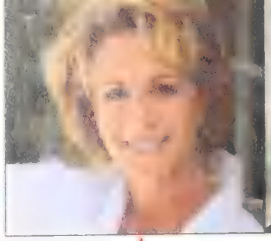
In Dallas, Marina is still something of a curiosity. From the beginning she was approached by strangers eager to voice their opinions. For years she'd draw away, afraid of what they might say. These days, they often share her view that there is much Americans still don't know about who killed JFK and why. "One woman came up to me and said, `Honey, your husband didn't do it,' " Marina says, smiling. "I wanted to run after her, to ask, `What do you know? On what grounds do you base that?' "

Unless someone is able to prove to her satisfaction that Oswald fired the shot that killed Kennedy, Marina says she'll continue to believe her husband's story is a historic miscarriage of justice. "I would like in my lifetime that the name Lee Harvey Oswald not be something ugly and dirty," she says.

And if she's wrong about her husband's innocence? "Even if Lee is guilty, I'm not responsible," she says with newfound understanding. "I'm not going to live with guilt for the rest of my life. I am entitled to life. I want to have hope."

Kathryn Casey is a contributing editor of Ladies' Home Journal.


NEW
CARLTON
SLIMS
ULTRA
LOW
TAR
MENTHOL TOO
CARLTON
Slims
DELUXE 100'S
SPECIAL
IN-STORE OFFER!
50¢ OFF
A PACK
$5 OFF
A CARTON
OFFER GOOD WHERE AVAILABLE.
SURGEON GENERAL'S WARNING: Cigarette
Smoke Contains Carbon Monoxide.





Sister ACT

WHILE ACTRESS JOANNA KERNS (ABOVE LEFT) WAS HAVING *GROWING PAINS* IN CALIFORNIA, HER BIG SISTER, OLYMPIC GOLD-MEDALIST DONNA DE VARONA, WAS MAKING A SPLASH AS A SPORTSCASTER IN NEW YORK. WHAT DO THESE CELEBRITY SIBS DO WHEN THEY'RE NOT ON TV? LHJ WENT COAST TO COAST TO FIND OUT. BY LESLIE LAMPERT, LIFESTYLE EDITOR





When Joanna Kerns, best known for her role as Maggie Seaver on the hit ABC series *Growing Pains*, was growing up in northern California with her champion-swimmer sister, they were as different as night and day. "I was a real rebel," says Kerns. "If I was supposed to behave one way, you could be sure I'd act another." Donna, on the other hand, says Kerns, always played by the rules. "She was always very focused, very serious."

In some ways, things haven't changed that

much. At home in a suburb of West Los Angeles, Kerns and her fourteen-year-old daughter, Ashley, live a quiet life in their 3,600-square-foot Spanish bungalow that's a far cry from Hollywood glitz.

"I wanted a comfortable home for family and friends to gather in," says Kerns, who is currently working on a new TV series scheduled for the fall. So it's not surprising that Kerns chose a laid-back style that she calls "the farmhouse look."

The family room, above, opens onto the kitchen and dining areas, creating an airy yet intimate space where she and Ashley cook, do homework, entertain or watch TV together. Even the bedrooms have an earthy, country quality, softened by a creamy palette in Joanna's room, pastels in Ashley's.

"I'm a homebody," says Kerns. "I love hanging out here in my jeans or sweats, having dinner with my daughter and just relaxing."



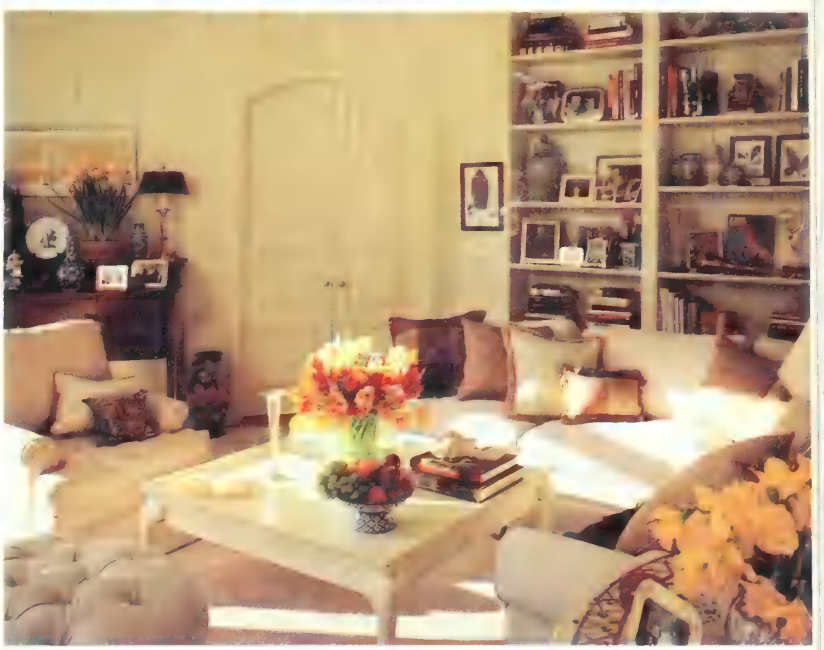
Produced by Tamara Schneider. These two pages: Photos, Jon Jensen. Stylist, Charles Riley. Hair, Cemal/Cloutier-LA. Makeup, Paul Starr/Profile-LA. Trevira/cotton sheets, Stevens. Sofa pillows, Trevira FR fabric, P. Kaufman. XPS Carpet of Trevira fiber, JPS. Details, page 87.



Donna's domain seems appropriate for the more serious of the sisters. In her day-to-day life—which revolves around the schedules of her children, John David, five, and Joanna, three, Donna shuttles between New York City and her Connecticut home, juggling carpool duty, ABC assignments (she was the first female sportscaster for network TV, and she won an Emmy last year for producing a TV segment on the Special Olympics) and







various volunteer projects.

"I was drawn to the East Coast for its beauty and changing seasons," says de Varona. "I knew I wanted a colonial-style house with a feeling of warmth and comfort inside." So Donna and her husband, John Pinto, a businessman, chose traditional pieces and combined them with family collectibles for an overall look that's distinctly New England.

But there is a twist, says de Varona. "The family room, which visually encompasses the kitchen area, is my East/West room. In this room, I combined the formal with the lighthearted and chose soft-colored fabrics and carpet [of easy-care Trevira fiber] because I wanted the focus to be on the bookshelves." (If you look closely, you'll see an authentic Olympic torch from her victories in 1964; she still swims a mile a day at the local Y.)

Joanna's bedroom, bottom left, was designed to inspire sweet dreams from kindergarten through high school. The armoire was hand-painted by a local artist to match the bedding.

What do the sisters think of each other's individual style? It seems they're rubbing off on each other. "It took me until this year to get Donna to dress down—and for me to wear a pair of pants that aren't denim," says Kerns.

These two pages: Photos, Geoffrey Gross. Interior design, Michael Foster. Hair and makeup, Nikki/Bryan Bantry. Pillow fabrics and all other fabrics, Trevira FR fibers, P. Kaufman. XPS Carpet of Trevira fiber, JPS. Family-room upholstery, Trevira FR fabric, Boris Kroll for Scalamandre; club chairs, Trevira fiber by Maharam. All accessories, Expressions, Pier 1 and The Bombay Company. Silk-flower arrangements, Emilio Robba. Tray table in living room, Tell City. All other wood furnishings, Habersham Plantation. Bedroom linens and window covering of Trevira fiber, Wamsutta Home Products. Wallpaper and borders by Mary Gilliatt. Details, page 87.

Summer fashion

ALL THE NEWS



There's a new way to layer today: Think sloppy chic. Start with a fluid, wide-leg pair of drawstring pajama pants, top with an untucked shirt buttoned to the waist only, and finish off with an unbuttoned vest—a sort of refined rebellion. Keep accessories to a minimum—all you need are love beads, platform sandals and a pair of dark John Lennon–style shades for a right-now look that's loosened up, uncomplicated, utterly feminine. Cotton shirt, Agnes B.; linen pants and vest, DKNY; beaded necklaces, The Common Ground, NYC; shoes, Robert Clergerie; glasses, Morgenthal-Frederics, NYC. Model, Sky Nellor of Prima, L.A.



There's a brand-new prettiness to fashion right now. One of our favorites—a long, silky, button-front dress that flutters over matching pajama pants—is a breath of fresh flair. Though the idea is stolen from the seventies, in a muted natural hue the look is perfect for today's sense of casual style. Silk dress and pajama pants, CK Calvin Klein; suede espadrilles, André Assous; hat, Patricia Underwood; bracelet, Dosa, NYC. Model, Amanda Leflore of Click, L.A.

Style is coming on soft—with wispy fabrics, breezy silhouettes and lots of floaty layers. A blend of the romantic and the bohemian borrowed from the sixties and seventies, but with a modern nineties attitude. Slip into the season's new ease. **By Lois Joy Johnson, Beauty and Fashion Director**

Summer fashion

ALL THE NEWS



We call this look 1920s slouch, straight out of the French Riviera. It combines several important trends for high style that's infinitely wearable. Lacy crochet makes a comeback from its flower-child roots as a sexy, thoroughly nineties thigh-length pullover. Worn in black over black gossamer pajama pants, it's a way for sheer to work elegantly for day. Leather platform mules and a crocheted beret complete the French connection. Pullover and pants, Agnes B.; shoes, Anne Klein II; beret, DKNY.



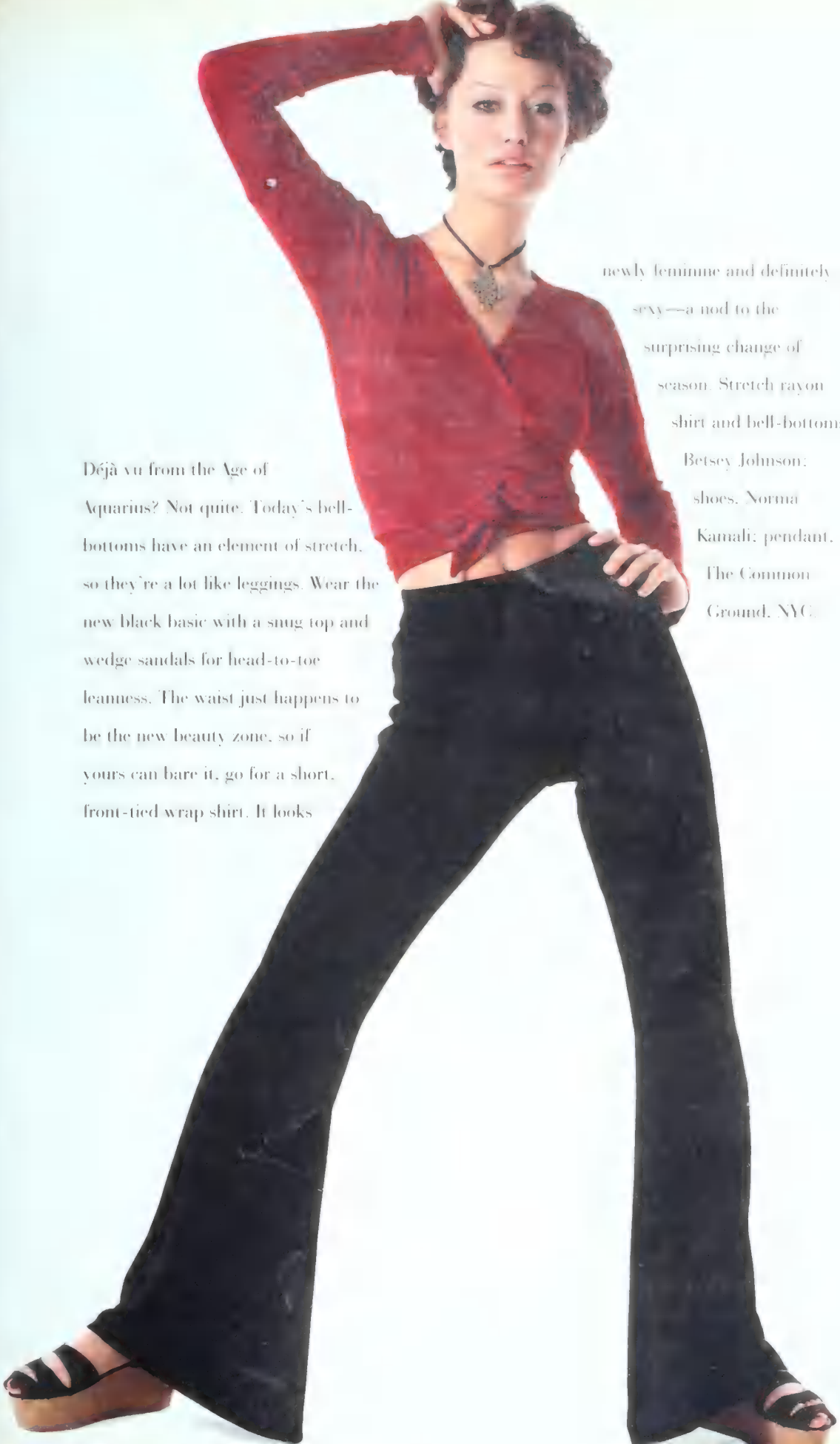
Feathery light layers of unstructured, nearly transparent crinkle gauze say summer in the simplest, most comfortable way. A tunic-length shirt worn over a long, full skirt may take some getting used to after seasons of body-tailored clothing, but resist the temptation to belt or tuck in. (If you're self-conscious about the sheerness, wear a same-shade bodystocking or unitard underneath.) This is perhaps the best example of summer's new message: Keep it bare and spare. Tunic and skirt, CK Calvin Klein; sandals, Maraolo. Model, Kayce Martin of Elite, L.A.

summer fashion

ALL THE NEWS

If Ralph Lauren, the king of American fashion, is doing long, full, circle skirts, you know they will become a wardrobe staple. In fact, we predict the circle skirt will be the new substitute for jeans come summer. How to wear this current interpretation of the seventies prairie skirt so it looks fresh? With a midriff-tied shirt and flat leather thongs or even cowboy boots. What can we say? Everything old is new again. Cotton skirt and shirt, Ralph Lauren; shoes, Manolo.





Déjà vu from the Age of Aquarius? Not quite. Today's bell-bottoms have an element of stretch, so they're a lot like leggings. Wear the new black basic with a snug top and wedge sandals for head-to-toe leanness. The waist just happens to be the new beauty zone, so if yours can bare it, go for a short, front-tied wrap shirt. It looks newly feminine and definitely sexy—a nod to the surprising change of season. Stretch rayon shirt and bell-bottoms, Betsey Johnson; shoes, Norma Kamali; pendant, The Common Ground, NYC.

BLACKOUT



WE GUARANTEE YOU'LL LOOK TRIM AND SEXY ON THE BEACH TH

EVER! ALL ARE BLACK—THIS YEAR'S TREND—AND ALL WE



MMER BECAUSE WE'VE FOUND THE MOST SLIMMING SWIMSUITS
STED ON REAL WOMEN TO PROVE THEY FLATTER *EVERY* BODY!



MICHELLE HURMS
AGE 26
5' 5", 125 LBS
SUIT: ROBIN PICCONE, $88



BETH NASON
AGE 22
5' 7½", 119 LBS.
SUIT: DKNY, $75



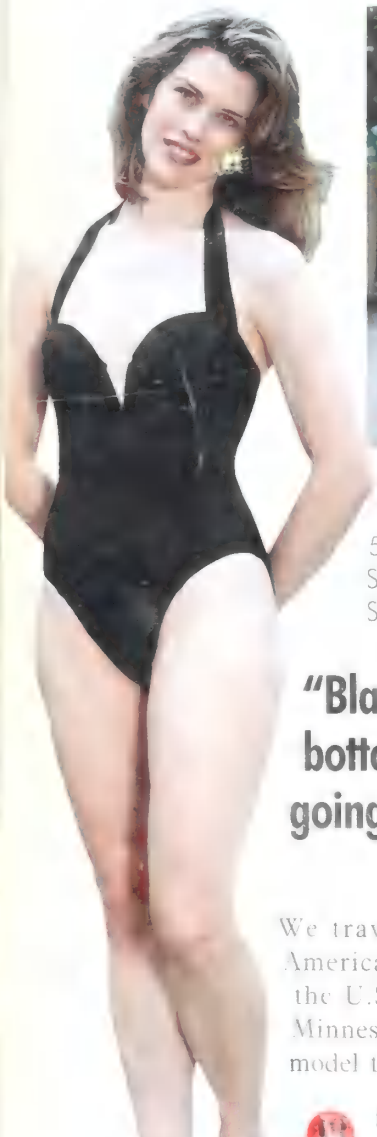
CARI BERTCH
AGE 23
5' 7½", 120 LBS.
SUIT: ANNE COLE COLLECTION, $68



MARIAN McCANN
AGE 31
5' 7½", 150 LBS.
SUIT: BILL BLASS BEACHWEAR, $68



CANDY LEE
AGE 42
5' 6", 115 LBS.
SUIT: ROBIN PICCONE, $86

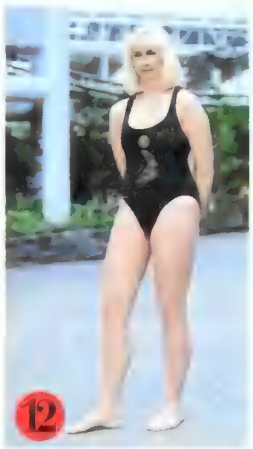




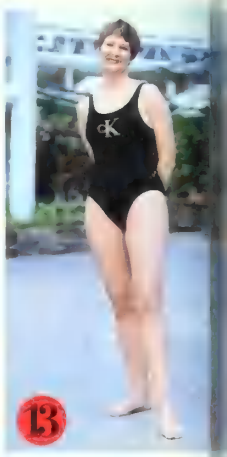
JENNIFER LaBRITT PETERSEN AGE 22
5' 4", 107 LBS.
SUIT: CALVIN KLEIN SWIMWEAR, $78



DAWN TRKLA
AGE 23
5' 10", 130 LBS.
SUIT: MIRACLESUIT BY SWIMSHAPER, $78



SUE MOLLENHAUER
AGE 35
5' 8", 140 LBS.
SUIT: DKNY, $75



DIANNA BUTLER
AGE 34
5' 10½", 155 LBS
SUIT: CALVIN KLE
SWIMWEAR, $85

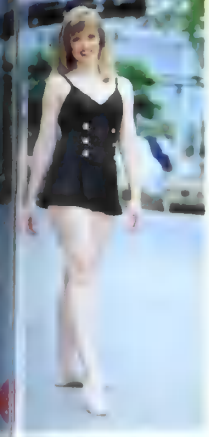
"Black one-piece swimsuits are *the* trend this summer. When the bottom line is making your body look great, women are not going to risk wearing unusual cuts, trendy colors or prints."

—JILL BARNES, SWIMSUIT BUYER FOR NORDSTR

We traveled to the Mall of America (the largest mall in the U.S.!), in Bloomington, Minnesota, to find women to model this season's best suits.

SALLY TOOMEY
AGE 33
5' 8", 135 LBS.
SUIT: ROBIN PICCONE, $98

These twenty-two volunteers (chosen from over three hundred hopefuls!) range in age from twenty-two to fifty-two and in size from 6 to 14. Their body "problems" are the same as most women's: heavy thighs, small, saggy or too-full bosom, wide hips, untoned tummy . . . you get the picture. So we suited up each one in a different black one-piece style (the u mate slimmer) to give then and you—an idea of what look for when shopping fo new suit. To find the suit you, match your height, wei and body type to our mode then read our expert tips. more information on swims style numbers and where find them, see page 87.



I WALLING
37
128 LBS.
SANDCASTLE BY
OF CALIFORNIA, $80



MARY HEITHER
AGE 27
5' 7", 123 LBS.
SUIT: ROBIN
PICCONE, $94



MARLENE MILLER
AGE 30
5' 4", 115 LBS.
SUIT: CALVIN KLEIN
SWIMWEAR, $91



TAMARA TAYLOR
AGE 35
5' 9", 125 LBS.
SUIT: CALVIN KLEIN
SWIMWEAR, $78



A RAYMOND
22
, 125 LBS.
: LA BLANCA,



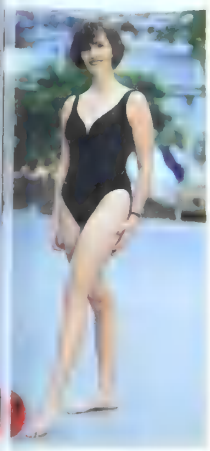
DENISE KIRMIS
AGE 31
5' 10 1/2", 145 LBS.
SUIT: LONGITUDE
BY ROBBY LEN, $50



ELIZABETH BRENNAN AGE 52
5' 9", 137 LBS.
SUIT: MIRACLESUIT
BY SWIMSHAPER, $76



KATHY BONICATTO
AGE 30
5' 11", 165 LBS.
SUIT: CALVIN KLEIN
SWIMWEAR, $94



NE RYAN
TSON AGE 42
", 123 LBS.
T: LA BLANCA,



LYN MARIE WINTER
AGE 26
5' 8", 123 LBS.
SUIT: ANNE COLE
COLLECTION, $90



LESLIE ERICKSON
AGE 25
5' 7", 110 LBS.
SUIT: CALVIN KLEIN
SWIMWEAR, $98



KAY MARIE LEINE
AGE 36
5' 9", 125 LBS.
SUIT: MIRACLESUIT
BY SWIMSHAPER, $80

INSIDE TIPS FROM A **swimsuit designer**

Foolproof shopping hints from Robin Piccone, who designs her own line of suits as well as the Body Glove line.

■ Any suit worth buying should make your shoulders look broader and your legs longer. When those two criteria are met, then look for styling details that firm, lift or camouflage.

■ A matte black one-piece suit instantly makes your torso appear thinner. Matte is key since it absorbs light, effectively hiding bulges.

■ The leg line should never cause skin to bulge. The solution: Many designers today are using a lighter elastic in the leg that keeps the suit leg flat in front, gathered in the back.

■ Don't pay attention to size! The most frustrating thing about swimsuit shopping today is that every designer has her own idea of what an 8 is. The solution? Take a few sizes into the dressing room with you—and know that for swimsuits most women need a size larger than their everyday sportswear.

Photos: Mark Bugzester; hair and makeup, Horst Salons, Minneapolis. Swimsuits provided by Everything But Water, Macy's and Nordstrom at The Mall of America.



The top swimsuit solutions

A high-cut leg makes the thigh appear slimmer and the entire leg look longer. Saddlebags, however, require a modified leg, not the higher French-cut leg. To look as leggy as possible, count on high-cut suits like #1, 2, 3, 5, 7 through 11, 14, 16, 18, 19, 21 and 22. The modified-leg suits are #4, 12, 13, 15 and 20.

A slipskirt or minidress-style suit that just barely covers the widest part of your thighs is a good solution for soft, untoned upper or inner thighs. The best skirted suits we found are #6 and #17.

Bra seaming or an underwire can counteract a droopy bosom. Invisible soft padded cups or firm contoured cups help fill out a small bust and subtly shape a fuller bust. The suits that lift a bosom into shape are #8, 9, 10, 11, 16, 18, 21 and 22. Padded- or contoured-cup suits are #6, 19 and 22.

Very wide-set straps and deep necklines can make your shoulders look broader and your waist look smaller. The best upper-body balancers are #7 through 16, 18 and 19.

A halter neckline (with boned contours or an underwire) is the best solution for a full, round bust. Halters offer extra lift and support and gently mold breasts together. Best halter styles are #1, 4, 18 and 22.

Specialty suits that claim to reduce your overall measurements contain two to three times as much Lycra as the average suit. For a suit that holds you in all over, try #11, 16 and 22.

SHOPPING TIPS FROM OUR MALL MODELS

"Shop with a friend who is honest but optimistic. Never go with a friend who's in a bad mood or on a diet."

"Really 'work' the suit in front of a mirror. Bend over, sit, kneel, jump, simulate swimming—every movement you'd normally do—and check for comfort and coverage."

"Shop on weekdays if you can. The store will be less crowded, salespeople will be more willing to do dressing room–swimsuit rack round-trips for you."

"Never buy a suit that you haven't tried on in front of a full-length mirror. Bring a small hand-held mirror with you to check your profile and rear views if the store doesn't have three-way mirrors."

"Find out what the store's return policy is. Most department stores permit returns of up to thirty days if the tags are still intact."

SHOP FOR SWIMSUITS AT HOME

The QVC Fashion Channel • Saturday, May 1 • Noon (EST)

The Swimwear Solution, a special one-hour show based on this article, will provide additional expert information on how to shop for swimsuits, plus all the tips and tricks you'll need to look great on the beach this summer. You'll also have the opportunity to buy the most figure-flattering swimsuits right in your own home! Don't miss it!

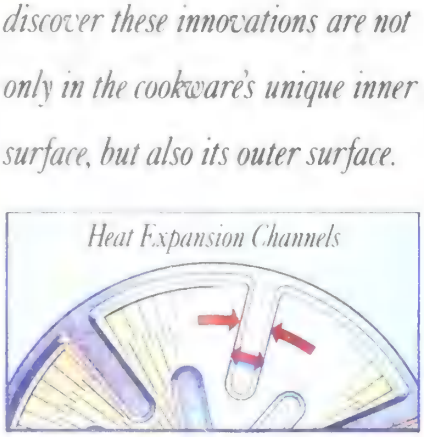
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The Outside Story

Outside, the new Resistal porcelain enamel tri-layer base features something that's extremely unique: exclusive heat expansion channels. The result: the Resistal base is up to twice as resistant to warping as conventional cookware. So over time your cookware stays in perfect contact with the heat source for higher quality cooking.

The Inside Story

Inside, you'll find our totally new 4-layer coating has a unique honeycomb texture. It helps reduce the continued abrasion caused by contact with everyday kitchen tools like spatulas and spoons. Which resu in cookware with a 35% higher scratch resistance and cleanup are virtually trouble-free.

The new Resistal concept o stick cookware from T-Fal. Unl people, it can be around food stantly and still manage to kee its figure.



Food Journal



CRAZY FOR CARAMEL

IT'S THE FLAVOR OF THE MOMENT IN HOT RESTAURANTS AROUND THE COUNTRY. SO WE CREATED OUR OWN LUSCIOUS SAMPLING—FROM SIMPLE TO SINFUL

THE LATEST DISH

A BRAND-NEW COLUMN CHOCK-FULL OF THE NEWEST TRENDS: WHAT CHEFS ARE COOKING UP, WHAT CONSUMERS ARE BUYING, NUTRITION UPDATES AND MORE

VIVA ITALIA!

A DELICIOUS CELEBRATION OF CLASSIC ITALIAN COOKING FEATURING EVERYTHING FROM SAVORY RISOTTO AND PASTAS TO TIRAMI SU AND SWEET PANNA COTTA



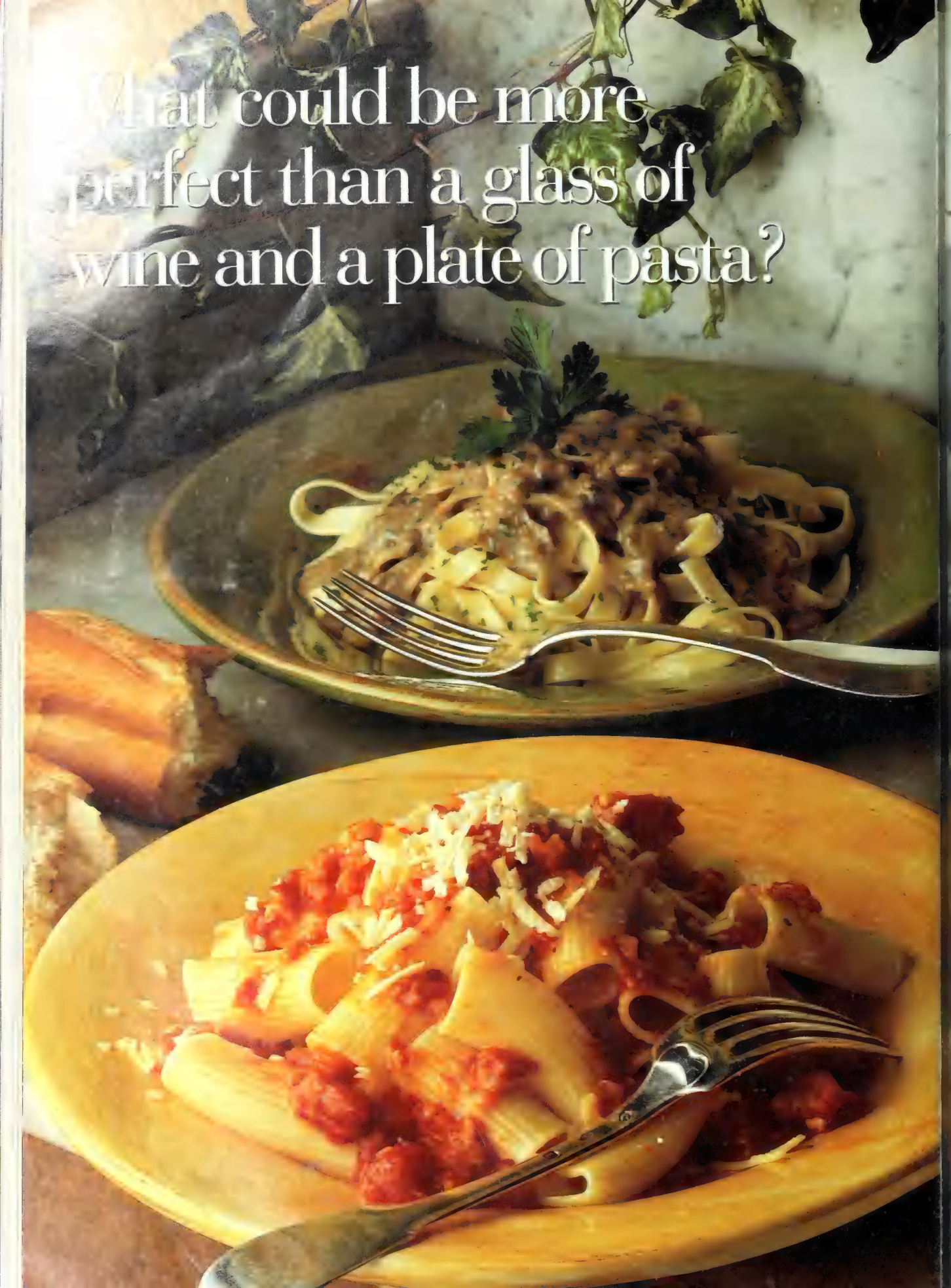
VIVA Italia!

Our tribute to the Italian table: glorious, classic dishes full of the fresh, fabulous flavors everyone loves. Simple to prepare, they're also one of the healthiest ways to eat well.

By Jan T. Hazard, Food Editor



APPETIZING *ANTIPASTI*, FROM TOP LEFT: ASSORTED CROSTINI, BRAISED ARTICHOKES WITH MINT, TUSCAN BEANS, SEAFOOD SALAD, GRILLED VEGETABLES


What could be more
perfect than a glass of
wine and a plate of pasta?



FROM TOP LEFT, FETTUCCINE WITH PORCINI SAUCE, ORRECCHIETTE WITH BROCCOLI RABE, PASTA ALL' AMATRICIANA

○ Easy ● Challenging ▼ Low-fat
Moderate Ⓜ Microwave Low-calorie

ASSORTED CROSTINI

These hors d'oeuvres are a tricolor salute to Italy: Naples, the home of mozzarella; southern Italy, where olives are especially revered; and Tuscany, where every cook makes a version of chicken-liver crostini.
Prep time: 15 to 25 minutes plus standing
Cooking time: 8 to 11 minutes ○ ▼

Mozzarella Topping
- 1/2 pound fresh mozzarella cheese, diced
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh basil
- 1/4 teaspoon red pepper flakes

2 narrow loaves Italian or French bread, sliced thin

Mozzarella Topping: Combine all ingredients; marinate 1 hour. Makes 1 1/2 cups.

Preheat oven to 400°F. Arrange sliced bread on cookie sheets and bake 5 to 8 minutes, turning once, until lightly toasted. Spoon about 1 tablespoon topping onto prepared toasts and bake 3 minutes or until cheese just begins to melt. Makes 24.

Per appetizer		Daily goal
Calories	110	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F), 70 g or less (M)
Saturated fat	0 g	20 g or less (F), 23 g or less (M)
Cholesterol	7 mg	300 mg or less
Sodium	173 mg	2,400 mg or less
Carbohydrates	16 g	250 g or more
Protein	4 g	55 g to 90 g

Variations

Olive-Paste Crostini: Toast bread as directed. Combine 1/4 pound Gaeta olives, pitted, 1 tablespoon capers, 3 anchovy fillets, 1 tablespoon olive oil and 1/4 teaspoon minced garlic in blender; puree until smooth. Makes 1/2 cup. Spread 1 teaspoon topping on each toast slice. Makes 24.

Per appetizer: 90 calories, 2 g total fat, 0 g saturated fat, 1 mg cholesterol, 235 mg sodium, 16 mg carbohydrates, 3 g protein

Chicken-Liver Crostini: Toast bread as directed. Heat 1 tablespoon olive oil in skillet over high heat. Add 1/2 pound chicken livers, trimmed. Sprinkle with 1/2 teaspoon each sage and salt and 1/4 teaspoon freshly ground pepper; cook, stirring, until livers are browned, 3 minutes. Transfer to bowl. Melt 1 tablespoon butter in skillet. Add 1/4 cup minced onion and cook until tender, 3 minutes. Return livers to skillet with 2 tablespoons brandy; cook over high heat until brandy is evaporated. Remove from heat and mash. Makes 1 cup. Spread 1 tablespoon on each toast slice and sprinkle with 1 tablespoon chopped fresh parsley. Makes 16.

Per appetizer: 115 calories, 2 g total fat, 1 g saturated fat, 65 mg cholesterol, 254 mg sodium, 17 mg carbohydrates, 5 g protein

BRAISED ARTICHOKES WITH MINT

Serve this Roman dish at room temperature as an irresistible antipasto.
Prep time: 20 minutes ○
Cooking time: 25 to 30 minutes

3 large or 4 small artichokes, quartered
1/2 cup water
3 tablespoons olive oil
2 tablespoons chopped *(continued)*



(continued)

fresh parsley
1 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon dried mint
1/4 cup chopped fresh mint
1 teaspoon minced lemon peel

Remove outer leaves and trim stems to 1 inch; peel stems with small, sharp knife. Slice off top half of artichokes. Cut out fuzzy "chokes."

Arrange artichokes in single layer in skillet. Drizzle with water and oil. Combine parsley, garlic, salt and dried mint in cup, and sprinkle evenly over artichokes. Bring to boil; reduce heat, cover and simmer until tender, 20 to 25 minutes. Cook uncovered until all but 2 tablespoons liquid is evaporated.

Transfer artichokes and liquid to serving dish. Combine fresh mint and lemon peel, and sprinkle on top. Makes 4 servings

Per serving		Daily goal
Calories	190	2,000 (F), 2,500 (M)
Total fat	11 g	65 g or less (F), 70 g or less (M)
Saturated fat	2 g	20 g or less (F), 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	580 mg	2,400 mg or less
Carbohydrates	13 g	250 g or more
Protein	4 g	55 g to 90 g

TUSCAN BEANS

Budget recipe of the month *This rustic dish is made with the most popular Italian beans—cannellini, dried white kidney beans. Serve as an antipasto or with Perugia Roast Pork, on page 187.*

Prep time: 5 minutes plus standing ○ ▼
Cooking time: 50 to 60 minutes

1 1/2 cups dried cannellini or Great Northern beans, rinsed
1 can (13 3/4 or 14 1/2 oz.) chicken broth
1 1/2 cups water
1/2 cup fresh sage leaves (or 1 tablespoon dried sage plus 2 tablespoons chopped fresh parsley)
1/4 teaspoon ground pepper
1 1/2 teaspoons minced garlic
2 tablespoons olive oil
3/4 teaspoon salt

Soak beans in water to cover by 2 inches overnight. (To quick-soak: Combine beans with water to cover by 2 inches in saucepan and bring to boil; boil 2 minutes. Cover and let stand 1 hour.) Drain.

Combine beans, broth, water, sage and pepper in saucepan. Bring to boil; reduce heat, cover and simmer until tender, 40 minutes. Add garlic, oil and salt; simmer uncovered until tender but not mushy, 5 to 15 minutes more. Makes 4 1/2 cups

Per 1/2 cup		Daily goal
Calories	140	2,000 (F), 2,500 (M)
Total fat	4 g	65 g or less (F), 70 g or less (M)
Saturated fat	0 g	20 g or less (F), 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	415 mg	2,400 mg or less
Carbohydrates	20 g	250 g or more
Protein	7 g	55 g to 90 g

SEAFOOD SALAD

This salad features shrimp, scallops, squid and mussels, but the kinds of fish may vary from region to region.

Prep time: 35 minutes plus chilling C
Cooking time: 25 minutes

Lemon Dressing
1/4 cup fresh lemon juice
1/4 teaspoon minced garlic
1/2 teaspoon salt
1/8 teaspoon freshly ground pepper
1/4 cup olive oil

2 cups water
1 carrot, cut up
Half of 1 celery rib, cut into 2-inch pieces
1 garlic clove, crushed
6 peppercorns
Half of 1 small lemon, sliced
1/2 pound medium shrimp, peeled and deveined
1/2 pound sea scallops, halved
1/2 pound cleaned squid, sliced
1 pound small mussels, scrubbed
2 tablespoons chopped fresh parsley
Lemon wedges, for garnish

Lemon Dressing: Combine lemon juice, garlic, salt and pepper in bowl. Slowly whisk in oil; set aside. Makes 1/2 cup.

Combine next 6 ingredients in medium saucepan. Bring to boil over high heat. Reduce heat to medium; add shrimp, cover and cook 3 minutes. With slotted spoon, transfer shrimp to large bowl. Return liquid to boil; add scallops, cook 2 minutes and transfer to bowl. Repeat with squid, cooking 30 seconds. Return liquid to boil; add mussels and cook covered over high heat 2 minutes. Transfer opened mussels to plate. Cover and cook any remaining mussels 1 minute more. Discard unopened mussels.

Remove mussels from shells; add to bowl with other fish. Toss with dressing. Cover and refrigerate at least 1 hour. *(Can be made ahead. Refrigerate up to 6 hours. Remove from* (continued)

Left, Tirami Su; below, Veal Cutlets with Tomato and Arugul





king moist, tender, healthy fish is wonderful. Scrubbing the fishy splatters out

ıe seams and crevices on your range isn't. That's why Tappan created the

ıb-Saver smoothtop electric range. Its upswept design features a large

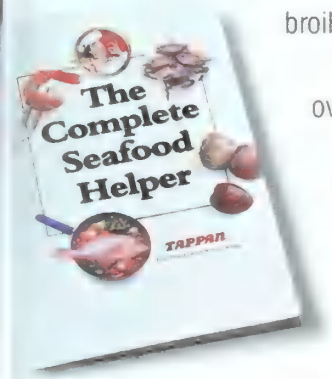


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cook for 10 minutes per inch of thickness

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Viva Italia!

...utes before serving.)
...sley. Garnish with
Makes 8 appetizer servings.

	Daily goal
120	2,000 (F), 2,500 (M)
1 g	60 g or less (F), 70 g or less (M)
3 g	20 g or less (F), 23 g or less (M)
75 mg	300 mg or less
310 mg	2,400 mg or less
6 g	250 g or more
21 g	55 g to 90 g

FETTUCCINE WITH PORCINI SAUCE

Fresh, handmade pasta originated in the Emilia-Romagna region, because of the soft wheat. The fettuccine is topped with another northern Italian specialty—porcini musnrooms.

Prep time: 5 minutes plus standing ○
Cooking time: 15 to 20 minutes

- ...ounce dried porcini mushrooms
- ...cup lukewarm water
- 2 tablespoons butter
- 1/4 cup minced shallots
- 1/4 cup dry white wine
- 1/2 cup chicken broth
- 3/4 cup heavy or whipping cream
- 3/4 teaspoon salt
- 1/4 teaspoon *each* thyme and pepper
- 1 tablespoon chopped fresh parsley
- 1 pound or 2 packages (9 oz. each) fresh fettuccine noodles, cooked

Soak mushrooms in water in small bowl 30 minutes. Line sieve with cheesecloth or paper towel; drain mushrooms, reserving liquid. Set aside.

Melt butter in medium skillet over medium heat. Add shallots and cook until tender, 2 minutes. Add wine and simmer 2 minutes. Add broth, cream, soaking liquid, salt, thyme and pepper. Increase heat to boiling; boil 8 to 10 minutes. Remove from heat and stir in porcini and parsley. Toss with cooked pasta. Makes 6 servings.

Per serving		Daily goal
Calories	445	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	10 g	20 g or less (F), 23 g or less (M)
Cholesterol	123 mg	300 mg or less
Sodium	440 mg	2,400 mg or less
Carbohydrates	58 g	250 g or more
Protein	12 g	55 g to 90 g

ORRECCHIETTE WITH BROCCOLI RABE

Fastest recipe of the month *Broccoli rabe, an assertive, leafy green, is also called rapini, rape, broccoletta. In Apulia, in southern Italy, it's typically combined with orrecchiette ("little ears") in a simple oil-based sauce.*

Prep time: 10 minutes ○▼
Cooking time: 12 to 15 minutes

- Salt
- 1 bunch broccoli rabe or broccoli*
- 1/4 cup olive oil
- 1 tablespoon minced garlic
- 3 anchovy fillets, chopped
- 1/2 teaspoon red pepper flakes
- Freshly ground pepper
- 1 pound orrecchiette or medium shells

Bring large pot of water and 1 tablespo... salt to boil over high heat. Add brocc... cook 3 minutes. Remove with slotted spo... and coarsely chop. Add pasta to pot a... cook according to package directions.

Meanwhile, heat oil in large skillet o... high heat. Add garlic and anchovie... cook 30 seconds. Add broccoli, pepp... flakes, 3/4 teaspoon salt and 1/8 teaspo... pepper. Cook until broccoli is render... minutes more. Drain pasta, reserving ... cup cooking liquid. Toss pasta and liqu... with broccoli. Makes 6 servings.

*Quarter broccoli spears lengthwise; cho...

Per serving		Daily goal
Calories	395	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F), 70 g or less
Saturated fat	1 g	20 g or less (F), 23 g or less
Cholesterol	1 mg	300 mg or less
Sodium	105 mg	2,400 mg or less
Carbohydrates	62 g	250 g or more
Protein	13 g	55 g to 90 g

PASTA ALL'AMATRICIANA

Named for the town of Amatrice, ne... Rome, this simple, robust sauce is serv... with a sturdy pasta.

Prep time: 10 minutes
Cooking time: 30 minutes

- 4 ounces thick-sliced pancetta ham or bacon, chopped fine
- 1 tablespoon olive oil
- 1/2 cup finely chopped onion



1/2 teaspoon red pepper flakes
(28 oz.) whole tomatoes
aspoon salt
nd rigatoni or spaghetti, cooked
ccording to package directions
y grated Pecorino-Romano cheese

oil in large skillet over medium heat; ancetta and cook until beginning to n, 4 to 5 minutes. (If using bacon, oil.) Add onion and pepper flakes; stirring, until very tender, 5 minutes Add tomatoes and salt; cook, ing up tomatoes, until sauce is thick, inutes more. Toss with cooked pasta. with cheese. Makes 4 servings.

ing		Daily goal
	605	2,000 (F), 2,500 (M)
	15 g	60 g or less (F), 70 g or less (M)
fat	4 g	20 g or less (F), 23 g or less (M)
ol	18 mg	300 mg or less
	889 mg	2,400 mg or less
rates	96 g	250 g or more
	20 g	55 g to 90 g

TÉED MUSHROOMS



n the mushroom-gathering season ends, their flavor lives on in dried porcini. We extend the pricier dried porcini with domestic mushrooms.

Prep time: 10 minutes plus standing ○
Cooking time: 15 minutes

1/2 ounce dried porcini mushrooms
1/2 cup lukewarm water
1 tablespoon olive oil
1/4 cup finely chopped onion
1 teaspoon minced garlic
1 pound fresh mushrooms, sliced thick
1/4 cup dry white wine
1/4 teaspoon salt
1/8 teaspoon freshly ground pepper
1/8 teaspoon thyme
1 tablespoon butter (optional)
1 tablespoon chopped fresh sage or 1/2 teaspoon dried

Polenta (recipe follows)

Soak porcini in water in small bowl 30 minutes. Line sieve with cheesecloth or paper towel; drain porcini, reserving liquid. Coarsely chop and set aside.

Heat oil in large skillet over medium heat. Add onion and garlic; cook until onion is tender, 3 minutes. Stir in fresh mushrooms and cook 3 minutes more. Add wine, salt, pepper, thyme, porcini and soaking liquid. Increase heat to high; cook, stirring occasionally, until liquid is reduced by half, 8 minutes. Add butter and sage; cook 2 minutes more.

Place 2 polenta wedges on each of 4 serving plates. Spoon on mushrooms. Makes 4 servings.

Per serving with polenta		Daily goal
[illegible]	315	2,000 (F), 2,500 (M)
Total fat	16 g	60 g or less (F), 70 g or less (M)
[illegible]	[illegible]	[illegible] 20 g or less (F), 23 g or less (M)
Cholesterol	20 mg	300 mg or less
Sodium	741 mg	2,400 mg or less
[illegible]	46 g	[illegible] 250 g or more
Protein	9 g	55 g to 90 g

POLENTA

Polenta is a staple of Lombardy and the Veneto, the corn-growing regions of northern Italy, where it's grilled, fried or served as mush. Constant stirring is the key to this creamy, smooth side dish.

Prep time: 25 minutes plus standing ○
Cooking time: 6 to 10 minutes per batch

1 cup yellow cornmeal
1 cup cold water
1 teaspoon salt
2 1/2 cups boiling water
3 tablespoons butter, divided
1 tablespoon olive oil

Whisk cornmeal, cold water and salt in heavy saucepot. Gradually whisk in boiling water. Bring to boil, whisking; reduce heat and simmer, whisking constantly, 20 minutes. Stir in 2 tablespoons butter and pour into 9-inch square pan. Cover and refrigerate overnight.

Cut polenta into 8 wedges. Heat remaining 1 tablespoon butter with the oil in large nonstick skillet over *(continued)*



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Italia!

nued

heat. Add polenta to skillet (in batch- necessary) and cook until golden, 3 to inutes per side. Serve with Sautéed nrooms, or roasted chicken or meat.

grill: Prepare grill. Brush polenta ges with 1 tablespoon olive oil and over medium coals 4 to 5 minutes ide. Makes 4 servings.

rving		Daily goal
	230	2,000 (F), 2,500 (M)
t	13 g	60 g or less (F); 70 g or less (M)
ed fat	6 g	20 g or less (F); 23 g or less (M)
erol	23 mg	300 mg or less
	639 mg	2,400 mg or less
ydrates	27 g	250 g or more
	3 g	55 g to 90 g

L CUTLETS WITH FRESH MATOES AND ARUGULA

ulgent but worth it *A refreshing on traditional Milanese cutlets: The y veal is topped with a cool salad for ious contrast.*

time: 25 minutes plus marinating king time: 10 to 12 minutes ○

d
ripe plum tomatoes (1/2 lb.), seeded and chopped
/4 cup chopped red onion
garlic clove, crushed
tablespoon fresh lemon juice
tablespoons olive oil
Salt and freshly ground pepper
1/4 cup julienned fresh basil
4 cups trimmed arugula or watercress
1/4 cup all-purpose flour
2 large eggs, lightly beaten
3/4 cup unflavored dry bread crumbs
1 pound veal or chicken cutlets, pounded 1/8 inch thick
Salt and freshly ground pepper
3 tablespoons olive oil, divided
1 tablespoon butter or margarine

Salad: Combine tomatoes, onion, garlic, lemon juice, oil and 1/4 teaspoon *each* salt and pepper in medium bowl. Cover and let stand 1 hour.

Meanwhile, place flour, beaten eggs and bread crumbs separately in 3 shallow dishes. Sprinkle cutlets with 1/2 teaspoon salt and 1/4 teaspoon pepper. Dip both sides in flour, shaking off excess, then in egg, then in bread crumbs.

Heat 2 tablespoons oil and the butter in large nonstick skillet over medium-high heat. Add cutlets in batches and cook, adding remaining oil as necessary, until lightly browned, 2 1/2 to 3 minutes per side. Transfer to serving plates.

Combine basil, arugula and tomato mixture and toss. Spoon onto cutlets and serve immediately. Makes 4 servings.

Per serving		Daily goal
Calories	460	2,000 (F), 2,500 (M)
Total fat	25 g	60 g or less (F); 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	203 mg	300 mg or less
Sodium	292 mg	2,400 mg or less
Carbohydrates	25 g	250 g or more
Protein	32 g	55 g to 90 g

GRILLED VEGETABLES

LECT ONE VEGETABLE OR AS MANY AS YOU WANT TO SERVE IN THE TRADITIONAL ALIAN MANNER. IF YOU LIKE, SERVE GRILLED MEAT OR POULTRY AS A SIDE DISH.

epare grill. Toss cut vegetables with 1 tablespoon olive oil, 1 teaspoon nced garlic, 1/4 teaspoon salt and 1/8 teaspoon freshly ground pepper. Grill as di- cted below. Arrange on platter. Each vegetable serves four.

EGETABLE:	GRILL OVER HOT COALS:
ound zucchini, rinsed, trimmed and cut diagonally 1/4 inch thick	2 1/2 minutes per side or until just tender *(45 calories, 4 g fat)*
ound yellow squash, rinsed, trimmed and cut diagonally 1/4 inch thick	2 1/2 minutes per side or until just tender *(55 calories, 4 g fat)*
ound fennel, trimmed and cut into twelve 1-inch wedges	3 to 5 minutes per side or until tender-crisp *(45 calories, 3 g fat)*
ound red or yellow peppers, trimmed, seeded, and cut into 2-inch wedges	4 1/2 minutes per side or until skins are charred. When cool, remove skin *(55 calories, 4 g fat)*
pound red onions, peeled and sliced 1/2 inch thick	2 1/2 to 3 minutes per side or until just tender *(75 calories, 4 g fat)*
pound asparagus, rinsed and trimmed	4 to 5 minutes, turning every minute, until just tender *(55 calories, 4 g fat)*
pound mushrooms, trimmed and halved	5 minutes, turning frequently, until browned *(70 calories, 5 g fat)*
pound whole portobello mushrooms, trimmed	4 to 5 minutes per side, until tender *(70 calories, 5 g fat)*
pound eggplant, trimmed and sliced lengthwise 1/2 inch thick	3 to 5 minutes per side, until tender *(85 calories, 7 g fat)*
pound Belgian endive, halved lengthwise	2 to 3 minutes per side, until just tender *(50 calories, 3 g fat)*
pound radicchio, quartered	5 minutes per side, until just tender *(50 calories, 4 g fat)*

SNAPPER LIVORNESE



In Livorno, a busy Tuscan port city, fish such as snapper or mullet is served with tomatoes, garlic and parsley.

Prep time: 30 minutes ○
Cooking time: 12 to 18 minutes

2 tablespoons olive oil, divided
1/4 cup finely chopped onion
4 tablespoons chopped parsley, divided
1 tablespoon minced garlic
Pinch red pepper flakes
1 can (14 to 16 oz.) tomatoes
Salt and freshly ground pepper
1 1/2 pounds snapper fillets
1/4 cup all-purpose flour
1 tablespoon butter or margarine
1/4 cup pitted, coarsely chopped Gaeta or green Sicilian olives

Heat 1 tablespoon oil in skillet over medium heat. Add onion, 2 tablespoons parsley and the garlic and pepper flakes; cook, stirring, until tender, 5 minutes. Add tomatoes and 1/8 teaspoon salt; cook, breaking up tomatoes, until thick, 15 minutes.

Sprinkle fish with salt and pepper. Dip both sides in flour, shaking off excess. Heat remaining 1 tablespoon oil with butter in large nonstick skillet over high heat. Add fish in batches and cook until golden, 3 minutes per side. Stir olives and remaining 2 tablespoons parsley into sauce and serve with fish. Makes 4 servings.

Per serving		Daily goal
Calories	320	2,000 (F), 2,500 (M)
Total fat	13 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	71 mg	300 mg or less
Sodium	376 mg	2,400 mg or less
Carbohydrates	13 g	250 g or more
Protein	37 g	55 g to 90 g

PERUGIA ROAST PORK



According to legend, this Umbrian dish, called arista perugina, acquired its name around 1430, from the Greek word for "the best." By any name, *(continued)*

this fennel-flavored pork loin is a natio treasure.
Prep time: 30 minutes plus marinating
Roasting time: 45 to 55 minutes

4 teaspoons minced garlic
1 tablespoon fennel seeds, crushed
1 1/4 teaspoons salt
1/2 teaspoon freshly ground pepper
2 tablespoons olive oil, divided
1 boneless pork loin (3–4 lb.)
1 tablespoon butter or olive oil

Wine Sauce
3/4 cup dry white wine
3/4 cup water
1/2 teaspoon fennel seeds, crushed

Combine garlic, fennel, salt, pepper an tablespoon oil in a cup. Rub over m Wrap and refrigerate 4 hours or overni

One hour before roasting, remove p from refrigerator. Preheat oven to 40 Heat oil and butter in roasting pan o medium-high heat. Add pork and turning, until browned on all sides, 10 utes. Transfer to oven. Roast, turning halfway through, until meat thermom inserted in thickest part of meat regis 160°F., 45 to 55 minutes. Transfer roa platter; keep warm. Let stand 10 min before slicing. Makes 10 servings.

Wine Sauce: Add wine, water and fe to roasting pan; bring to boil, scrapin browned bits on bottom of pan. Rec heat and simmer 5 minutes. Strain thro sieve and skim off fat. Pass with roast.

Perserving		Daily goal
Calories	340	2,000 (F), 2,500 (M)
Total fat	21 g	60 g or less (F); 70 g or le
Saturated fat	7 g	20 g or less (F); 23 g or le
Cholesterol	112 mg	300 mg or less
Sodium	371 mg	2,400 mg or less
Carbohydrates	1 g	250 g or more
Protein	33 g	55 g to 90 g

TIRAMI SU

Tirami su means "pick me up," and do ever! There are many variations of dessert, but only the real thing cont espresso coffee and mascarpone chee
Prep time: 35 minutes plus chilling
Baking time: 12 to 15 minutes

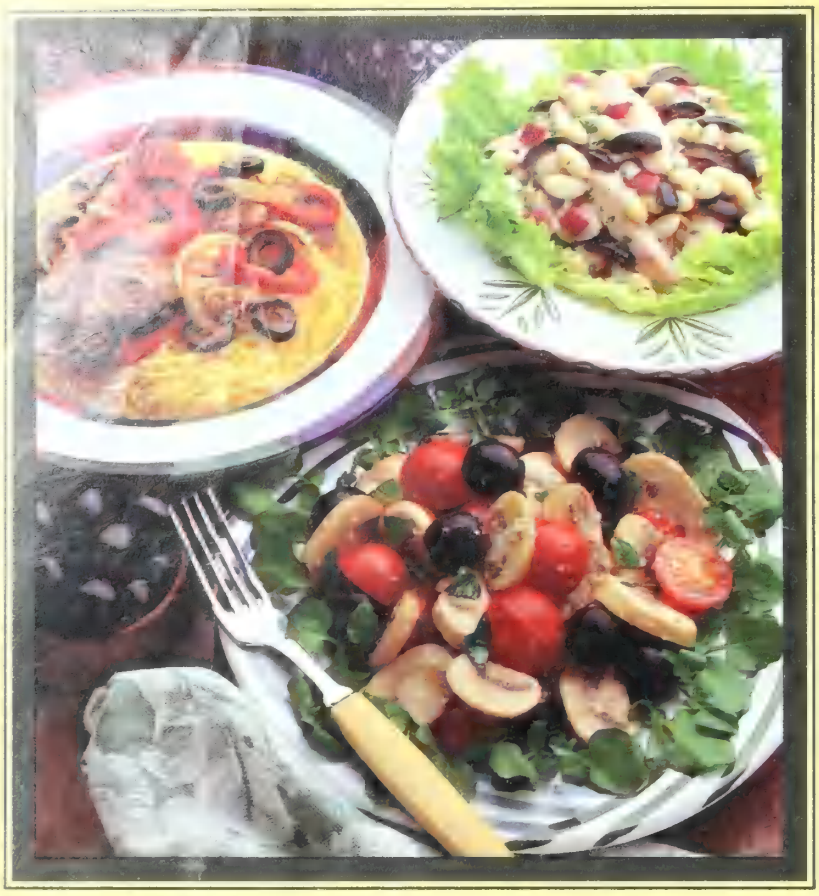
Sponge Cake
4 large eggs, at room temperature
3/4 cup sugar
1 teaspoon vanilla extract
3/4 cup all-purpose flour
1/4 teaspoon salt

Syrup
1/2 cup brewed espresso coffee
1/4 cup brandy
2 tablespoons sugar

Filling
1 pound mascarpone cheese
1/4 cup sugar
1 cup heavy cream
2 teaspoons unsweetened cocoa

1/2 cup heavy cream, whipped

(continued on page



FAST FRENCH FOOD

This colorful and easy salad is just one of 22 recipes in the latest "Quick and Easy Meals with California Ripe Olives" recipe booklet. Along with the Spaghetti Squash Dinner and White Bean & Smoked Turkey Salad pictured above, it features tasty, easy-to-prepare recipes your family will enjoy.

ROUGE ET NOIR SALAD

1 cup whole pitted California ripe olives
2 cups cherry tomatoes, halved
1/2 lb. small fresh mushrooms, sliced
1/2 cup vegetable or olive oil
1/4 cup vinegar
3 tablespoons chopped fresh basil
2 tablespoons grated Parmesan cheese
1 teaspoon minced garlic
2 bunches watercress or assorted torn lettuces

Combine olives, tomatoes and mushrooms in bowl. Combine oil, vinegar, basil, cheese and garlic in jar, shake and pour over salad. Toss well and spoon onto watercress-lined salad plates.

Makes 4 to 6 servings (5 cups without greens).

Total preparation time: 15 minutes

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QUALITY CALIFORNIA RIPE OLIVES

Italia!

ued from page 188

ge Cake: Preheat oven to 350°F. se 15x10x1-inch jelly-roll pan. Line vax paper; grease and flour paper. eggs and sugar in mixer bowl at high until mixture forms a ribbon when rs are lifted, about 10 minutes. Beat nilla. Combine flour and salt; sift egg mixture, then gently fold in. d into prepared pan. Bake 12 to 15 es, until top springs back when light- ched. Cool in pan on wire rack.

: Combine all ingredients in bowl.

: Blend mascarpone with sugar in Beat 1 cup cream in mixer bowl to eaks; fold into mascarpone mixture.

mold cake and peel off paper. Cut in half. Trim each half to fit shallow art glass or ceramic dish. Place one on bottom of dish. Drizzle evenly alf the syrup; spoon on half the fill- Place remaining cake layer on top, e with remaining syrup and spread ith remaining filling. Sift cocoa over . Cover and refrigerate overnight.

e remaining cream decoratively on Makes 12 servings.

ring		Daily goal
	415	2,000 (F), 2,500 (M)
	30 g	60 g or less (F); 70 g or less (M)
t fat	7 g	20 g or less (F), 23 g or less (M)
ol	164 mg	300 mg or less
	101 mg	2,400 mg or less
Carbohydrates	28 g	250 g or more
Protein	6 g	55 g to 90 g

ALMOND BISCOTTI



Biscotti (which means "baked twice") are crisp cookies that are dipped in espresso or sweet wine to eat as a dessert or snack.
Prep time: 15 minutes plus cooling
Baking time: 40 to 42 minutes

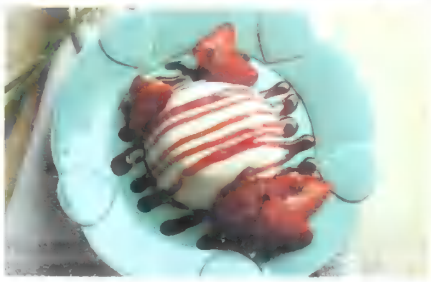
- 3/4 cup whole natural almonds
- 2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 2 large eggs, lightly beaten
- 1/4 cup butter or margarine, melted
- 1 teaspoon vanilla extract

Preheat oven to 350°F. Spread nuts on cookie sheet and bake 7 minutes or until lightly toasted. Cool. Finely chop 1/4 cup nuts; set aside. Meanwhile, combine flour, sugar, baking powder and salt in large bowl. Stir in eggs, butter and vanilla until blended. (Mixture will be crumbly.) Stir in nuts; knead until smooth.

Divide dough in half. Roll each half into 13-inch log about 1 1/2 inches in diameter. Bake on cookie sheet 30 minutes or until firm. Cool on rack 10 minutes; do not turn off oven. With serrated knife, slice logs diagonally 1/2 inch thick. Arrange cut side down on cookie sheet. Bake 5 to 6 minutes per side, until golden. Cool. Makes 4 dozen.

Per cookie		Daily goal
Calories	60	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F), 70 g or less (M)
Saturated fat	1 g	20 g or less (F), 23 g or less (M)
Cholesterol	11 mg	300 mg or less
Sodium	27 mg	2,400 mg or less
Carbohydrates	9 g	250 g or more
Protein	1 g	55 g to 90 g

PANNA COTTA



The name means "cooked cream," but this delicate molded dessert is hardly cooked at *(continued)*

RISOTTO PRIMAVERA

ORIO RICE, GROWN IN NORTHERN ITALY, IS THE TYPE PREFERRED FOR RISOTTO. SERVE AS AN ENTRÉE FIRST COURSE. THE KEY TO SUCCESS: HAVE ALL YOUR INGREDIENTS READY BEFORE YOU START.









1/2 pound thin ıragus, trimmed, into nch pieces. Dice **2 lium carrots, 2 large hini** and 1 **large yellow ısh** into 1/4-inch pieces. /egetables aside. Bring **cups chicken broth 2 1/2 to 3 cups water** to simmer in medium epan; keep warm. eat **1 tablespoon *each* e oil** and **butter** in large epan over medium . Add **1/2 cup minced onion** and **2 teaspoons minced garlic**; cook 3 minutes. Add asparagus and carrots; cook 2 minutes. Add zucchini and yellow squash; cook until just tender, 2 minutes more. Transfer to bowl; set aside.

Heat **2 more tablespoons oil** in same saucepan over medium heat. Add **1/2 cup more minced onion** and cook 3 minutes. Add **2 1/4 cups (1 lb.) arborio or short-grain rice**, stirring to coat. ❶ Stir in **1/2 cup dry white wine** and cook until almost absorbed, 2 to 3 minutes. Add 3/4 cup reserved broth and cook, stirring, until almost absorbed. ❷ Simmer, adding broth 1/2 cup at a time, stirring constantly until broth is absorbed before adding more, about 20 minutes. ❸ Rice will be creamy and just tender. ❹ Stir in **2 more tablespoons butter, 2 tablespoons freshly grated Parmesan cheese, 3/4 teaspoon salt, 1/4 teaspoon freshly ground pepper, 2 tablespoons chopped fresh mint, 1/2 teaspoon grated lemon peel, 1/2 cup frozen peas** and reserved vegetables. Serve with **additional Parmesan**. Makes 6 servings.

Per serving: 475 calories, 15 g total fat, 5 g saturated fat, 17 mg cholesterol, 890 mg sodium, 72 mg carbohydrates, 16 g protein

Viva Italia!

...ca. It as it cools ensures a

...minutes plus chilling ○

...ntiavored gelatin
...milk, divided
...heavy or whipping cream
...p sugar
...nches each) lemon
...p seedless raspberry jam
...tablespoon hot water
...teaspoon raspberry brandy

Fresh strawberries, for garnish

Sprinkle gelatin over 1/4 cup milk in cup; let stand 5 minutes. Heat cream with sugar and lemon peel in medium saucepan, stirring to dissolve sugar. Bring to boil and simmer 1 minute. Remove from heat and add gelatin, stirring until completely dissolved, 3 minutes. Stir in remaining 1 1/4 cups milk. Place saucepan in larger bowl of ice water and stir gently until mixture mounds when dropped from spoon, 5 to 10 minutes. Remove lemon peel. Spoon cream evenly into six 4-ounce custard cups. Cover and refrigerate at least 4 or up to 24 hours.

Stir jam, water and raspberry brandy small bowl until smooth. To serve around edges of custard cups to loose invert onto dessert plates. Drizzle raspberry mixture over Panna Cotta. Garnish strawberries. Makes 6 servings.

Per serving		Daily goal
Calories	250	2,000 (F), 2,500 (M)
Total fat	17 g	60 g or less (F); 70 g
Saturated fat	10 g	20 g or less (F); 23 g
Cholesterol	63 mg	300 mg or less
Sodium	48 mg	2,400 mg or less
Carbohydrates	22 g	250 g or more
Protein	4 g	55 g to 90 g

Recipes by Lisa Brainerd, Lorie N... Dorrance and Karen J.M. Tack.

The Italian pantry

You don't have to be an Italian to cook like one, but you do need the right ingredients to help you create great meals, Italian-style. Here are some staples of the Italian kitchen.

Anchovies The unique flavor of these tiny Mediterranean fish enhances all food, from antipasti to stews. When chopped and stirred into a sauce, they add a delicious, tangy bite without a trace of fishiness. In the U.S., anchovies are most available cured and packed in oil in jars or cans. Look for plump, firm fillets in the jar without murky oil.

Balsamic vinegar This pungent, sweet vinegar has been made in Modena, Italy, for more than a thousand years. The best balsamic vinegar is rarely found outside Italy—made purely from the cooked-down juices from white grapes, it is aged for decades in barrels of different woods. Balsamic vinegar that is exported is a blend of wine vinegar, reduced grape juice and possibly some young balsamic vinegar and caramel coloring.

Capers Capers are the buds of the caper plant, which grows wild throughout the Mediterranean region. They add a wonderful piquancy to sauces for fish, pastas and poultry.

Olive oil The cornerstone of the Italian kitchen. All olive oils are graded according to their levels of acidity; the least acidic are extra-virgin. Extra-virgin and virgin olive oils are made from the first pressing of olives. Both are used in cooking, but the more expensive oils are best drizzled over grilled vegetables and in salad dressing. Olive oil (formerly called pure) is a blend of refined and virgin oil. Light olive oil, another blend, is light in color and flavor, not calories or fat.

Olives Several varieties of olives are used in cooking: Gaeta, small, reddish-brown, similar to Nicoise olives; oil-cured olives, almost black with a wrinkled skin; and large green olives from Sicily and Apulia. Add to a sauce at the last minute—prolonged cooking brings out their bitterness.

Pancetta This Italian version of bacon is salt-cured rather than smoked. Usually sold in slices from a large roll, pancetta is used as a flavor base in many sauces or wrapped around meats before roasting.

Porcini mushrooms Still gathered by hand in the Italian countryside, these wild mushrooms have a musky flavor that intensifies when the mushrooms are dried. Highly prized fresh porcini are in season in fall and spring; dried are available year-round. Dried porcini must be soaked in water 30 minutes, then drained, reserving liquid. The soaking liquid often becomes an essential part of the recipe.

Prosciutto When Italians mean ham, they say prosciutto. The famous prosciutto di Parma is cured, not cooked, and is produced under strict rule of the Parma Ham Consortium. Aged from ten months to two years, it has a sweet, slightly nutty flavor and a layer of fat around the edge. Sliced prosciutto dries out and loses its sweet flavor; use within a day of purchase.

FYI!

Italian cheese

How much do Italians love cheese? Le... count the ways: In addition to the cla... Italian cheeses, there are regional va... tions and many local cheeses, made fr... cow's or sheep's milk. An Italian meal... ten ends with a cheese course. Belo... guide to the most popular cheeses of It...

Fontina Semi-hard; has a sweet, nu... flavor. Often melted over vegetab... on pizzas.

Gorgonzola A blue-veined cheese. Yo... gorgonzola (dolce) has a sweet, nutty ... vor and creamy texture. Aged gorgonz... (piccante) is sharper in flavor and sligh... firmer. Used in pasta and sauces an... especially delicious with ripe pears.

Mascarpone Fresh triple-cream chee... has the consistency of very thick s... cream and a sweet, almost buttery fla... Used at the table and in savory dishes a... desserts. Loses freshness quickly—s... within a few days of purchase.

Mozzarella Made from fresh cow's m... (or in southern Italy, water-buffal... milk); a well-known topping for pizza a... stuffed pastas. Handmade mozzarell... softer, creamier and richer than facto... produced mozzarella.

Parmesan Parmigiano Reggiano is p... duced only in the Emilia-Romagna a... Lombardy regions. Used in the U.S. p... marily for grating, in Italy as an eati... cheese. Use the tip of a small knife ... break off chunks.

Pecorino-Romano Hard, grainy, ma... from sheep's milk; has a sharp, tangy, sa... flavor. Pairs well with southern Italian ... vors. Should be grated just before serving.

Ricotta Fresh cow's milk cheese; ha... creamy, slightly grainy texture an... mild, sweet flavor. Used as a filling ... pastas, calzone and cheesecake, and a... dessert with sliced fruit or drizzl... with honey.

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Line average based on 2 oz. serving	Fat (% of Calories)	Cholesterol (mg)	Sodium (mg)
Healthy Choice™	21%	28	543
Leading Brand*	56%	40	713

*Based on manufacturer supplied data for regular and light products.

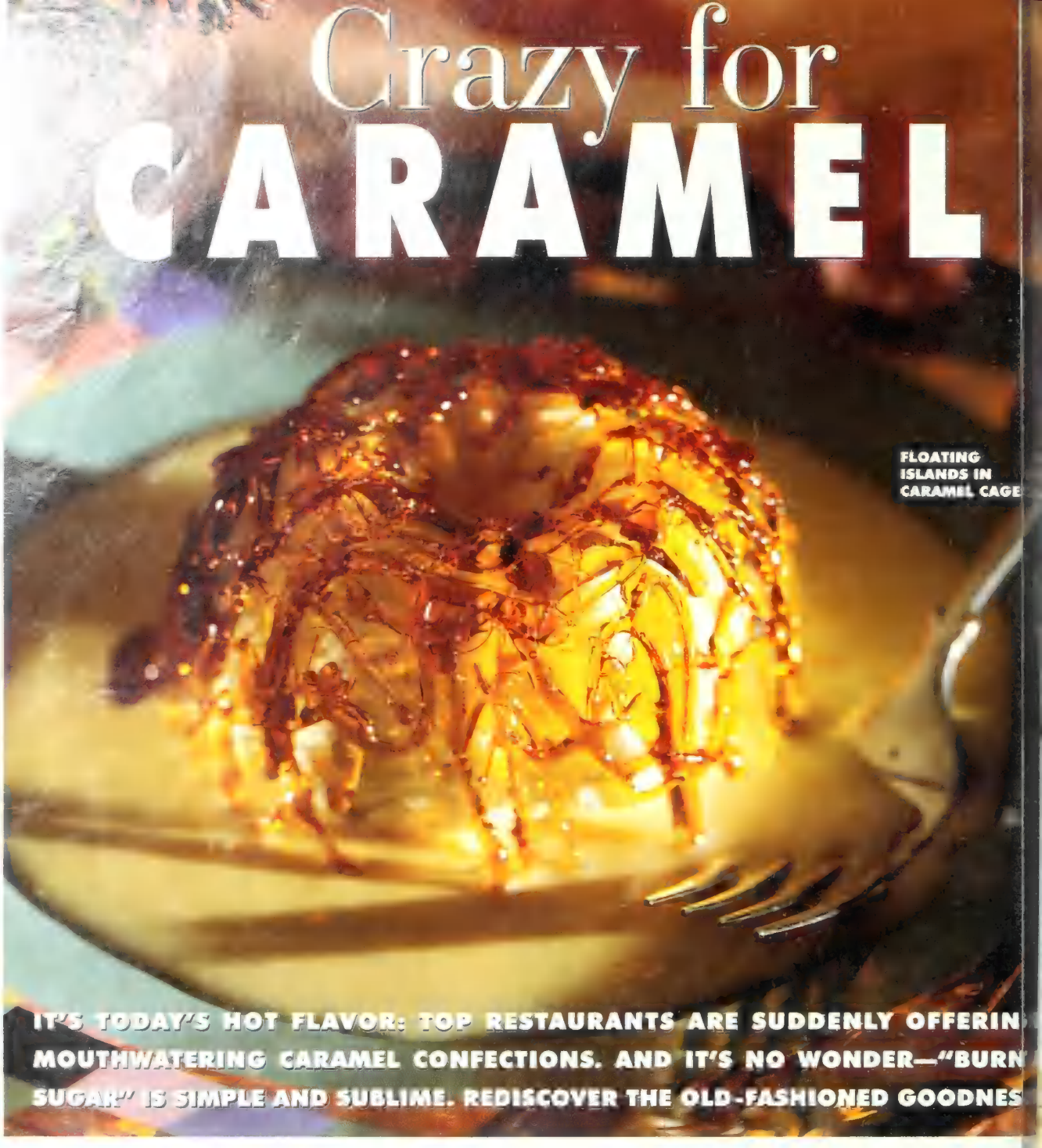


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Crazy for CARAMEL



FLOATING ISLANDS IN CARAMEL CAGE

IT'S TODAY'S HOT FLAVOR: TOP RESTAURANTS ARE SUDDENLY OFFERIN MOUTHWATERING CARAMEL CONFECTIONS. AND IT'S NO WONDER—"BURN SUGAR" IS SIMPLE AND SUBLIME. REDISCOVER THE OLD-FASHIONED GOODNES

FLOATING ISLANDS IN CARAMEL CAGES

Food editor's choice *Breathtaking! The custard can be made a day ahead, but the meringues and cages should be served the day they're made.*
Prep time: 1 hour plus chilling
Baking time: 16 minutes

Custard
- 1 cup milk
- 1/2 cup heavy or whipping cream
- 4 large egg yolks
- 1/3 cup sugar
- 2 teaspoons vanilla extract

Meringues
- 1/2 cup plus 3 tablespoons sugar
- 4 large egg whites, at room temperature
- Pinch cream of tartar
- 1 teaspoon vanilla extract

Caramel Cages
- 1 cup sugar
- 2 tablespoons water

Custard: Heat milk and cream to boiling in saucepan. Whisk egg yolks and sugar in bowl. Gradually whisk in hot milk. Return to pan and cook, stirring, over medium heat until mixture is slightly thickened and coats a spoon, about 5 minutes. (Do not boil.) Strain custard through sieve. Stir in vanilla. Cover and refrigerate. Makes 1 2/3 cups.

Meringues: Preheat oven to 32[illegible] Grease 6 Bundtlette pan cups* or [illegible] cups and sprinkle with 3 tablespoons[illegible] ar. Beat egg whites in mixer bowl at [illegible] um speed until frothy. Add cream of [illegible] and continue beating to soft peaks. G[illegible] ually beat in remaining 1/2 cup s[illegible] Add vanilla; beat at high speed unt[illegible] and glossy, 1 minute more.

Pack meringue evenly into Bund[illegible] cups. Place in roasting pan. Place in [illegible] and pour boiling water into roasting p[illegible] come 1 inch up sides of pans. Bak[illegible] minutes, until toothpick inserted in c[illegible] comes out clean. Remove pan from [illegible] and cool. (Meringues will *(conti[illegible]*

Tasty cream cheese is great for making easy cream cheese fruit squares that look this delicious...



...and taste this delicious.

So try creamy, rich cream cheese in this easy recipe and see just how delicious it can look – and taste – for yourself.

y Cream Cheese Fruit Squares

es about 24 squares)

- ıp sugar, divided
- up butter
- cups graham
- ker crumbs
- 3 packages (8 oz. each) cream cheese
- 4 eggs
- 1 tsp. vanilla extract
- 1 (21 oz.) can blueberry filling or topping

eat oven to 325°F. To prepare crust: In a medium saucepan place
sugar and butter; heat until butter is melted, stirring occasionally
graham cracker crumbs; press mixture evenly over the bottom of a
in. baking pan. In a large bowl with an electric mixer beat cream
e until smooth. Gradually beat in remaining ¾ cup sugar. Beat in
one at a time, and vanilla, until well blended. Spoon blueberry till-
venly over crust. Carefully pour cream cheese mixture over blue-
es. Bake just until set, 45 to 50 minutes. Cool. Chill until cold,
t 2 hours or longer. Cut into 24 squares. Serve garnished with straw-
halves or mint leaves, if desired.



America's Dairy Farmers
© National Dairy Board 1992

...well. Set as they cool.) Invert ...ramekins onto dessert plates.

Caramel Cages: Follow steps 1 through 4 ...caramelizing sugar (page 198). To assemble, ...custard around each ...with a caramel cage. ...custard. Makes 6 servings.

...can be ordered from Nordic Ware ...

...serving with 3 T. custard	Daily goal
...	2,000 (F), 2,500 (M)
... g	60 g or less (F); 70 g or less (M)
... g	20 g or less (F); 23 g or less (M)
... mg	300 mg or less
... mg	2,400 mg or less
... g	250 g or more
... g	55 g to 90 g

FLAN

Flan is a Spanish custard renowned for its ...even texture and soothing caramel syrup.
Prep time: 25 minutes plus chilling
Baking time: 45 to 50 minutes

Caramel
- 3/4 cup sugar
- 2 tablespoons water

- 4 cups milk
- 1 vanilla bean or 1 tablespoon vanilla extract
- 2 strips (3 inches each) orange peel
- 1 cinnamon stick
- 6 large eggs
- 2/3 cup sugar

Caramel: Follow steps 1 and 2 for caramelizing sugar (page 198). Immediately pour caramel into 9-inch round cake pan, swirling to coat bottom. (Do *not* use pan with removable bottom.) Place cake pan in roasting pan; set aside.

Preheat oven to 300°F. Heat milk in saucepan to simmer. Split vanilla bean lengthwise and scrape out seeds; add bean and seeds, orange peel and cinnamon to milk. Cover and let stand 10 minutes. Return milk mixture to boil.

Lightly beat eggs and sugar with vanilla extract, if using, in bowl. Gradually whisk hot milk into eggs. Strain custard through fine sieve into cake pan, discarding vanilla bean, peel and cinnamon. Place pans in oven. Pour enough boiling water into roasting pan to come halfway up sides of cake pan.

Bake 45 to 50 minutes, until knife inserted 2 inches from edge comes out clean. Let stand in water bath 10 minutes. Cool. Cover and refrigerate up to 24 hours.

Cut around edge and invert onto large serving plate. Makes 8 servings.

Per serving		Daily goal
Calories	275	2,000 (F), 2,500 (M)
Total fat	8 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	176 mg	300 mg or less
Sodium	107 mg	2,400 mg or less
Carbohydrates	42 g	250 g or more
Protein	9 g	55 g to 90 g

CARAMEL NUT TART

We suggest serving thin wedges of this rich dessert with fresh pear slices.
Prep time: 1 hour plus chilling and standing
Baking time: 30 minutes

Pastry
- 1 1/2 cups all-purpose flour
- Pinch salt
- 6 tablespoons chilled butter
- 3 to 4 tablespoons ice water

- 1 cup sugar
- 2 tablespoons water
- 1 cup heavy or whipping cream
- 4 tablespoons butter, cut up
- 1 teaspoon vanilla extract
- 1 cup toasted walnuts, chopped

Pastry: Combine flour and salt in bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Sprinkle in water 1 tablespoon at a time, tossing with fork until pastry holds together. Shape into ball; flatten into disk. Wrap and refrigerate 1 hour.

On lightly floured surface, roll pastry into 11-inch circle. Fit into 9-inch tart pan; trim edges. Refrigerate 15 minutes more.

Preheat oven to 375°F. Line pastry with foil and fill with dried beans. Bake 15 minutes. Remove foil and beans. Bake pastry 15 minutes more, until golden. Cool.

Follow steps 1 and 2 for caramelizing sugar (page 198). Remove from heat. Gradually stir in cream (mixture will bubble vigorously). Cook over medium-high heat until mixture begins to boil; reduce heat and simmer 5 minutes. Remove from heat. Whisk in butter and vanilla. Stir in nuts. Pour into shell; cool. Makes 12 servings.

Per serving		Daily goal
Calories	340	2,000 (F), 2,500 (M)
Total fat	23 g	60 g or less (F); 70 g or less (M)
Saturated fat	11 g	20 g or less (F); 23 g or less (M)
Cholesterol	53 mg	300 mg or less
Sodium	118 mg	2,400 mg or less
Carbohydrates	31 g	250 g or more
Protein	4 g	55 g to 90 g







BURNT-SUGAR CHIFFON CAKE

Burnt sugar is another name for caramel. The darker the sugar, the more intense the flavor.
Prep time: 35 minutes
Cooking time: 55 to 60 minutes

Burnt-Sugar Syrup
- 3/4 cup sugar
- 1 cup water

- 2 1/4 cups cake flour
- 1 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/2 cup vegetable oil
- 5 large egg yolks
- 1/4 cup water
- 1 teaspoon vanilla extract
- 8 large egg whites
- 1/2 teaspoon cream of tartar

Glaze
- 1/4 cup heavy or whipping cream
- 2 tablespoons butter

(continue



The after dinner Bar-B-Que.

Dessert Grillers

- 4 cups assorted fruit, cut into pieces
- 1 pound cake, cut into 12 slices
- 1 stick margarine or butter
- 2 Tbsp. sugar
- 1 tsp. ground cinnamon
- 1 tub COOL WHIP® Non-Dairy Whipped Topping, thawed

- **ARRANGE** fruit on 12 wooden skewers.
- **SPREAD** margarine evenly on both sides of pound cake. Mix sugar and cinnamon in small bowl; sprinkle over cake.
- **PLACE** cake on grill over hot coals or on rack of broiler pan. Heat on both sides until lightly toasted. Cool. Serve with COOL WHIP® and fruit kabobs. Makes 12 servings.

Whip Smackin'
Lip Smackin' Easy

Kraft General Foods, Inc.



(continued) *Burnt-Sugar Syrup:* Heat sugar without stirring in small saucepan over low heat to a deep amber color, about 7 minutes. Remove from heat. Carefully add water (mixture will bubble vigorously). Cover and cook over medium heat 5 minutes more. Cool completely. Makes about 1 cup.

Adjust oven rack to lowest position. Preheat to 325°F. Sift flour, sugar, baking powder and salt in large bowl. Make a well in center. Pour in oil, egg yolks, 1/2 cup Burnt-Sugar Syrup, water and vanilla. Whisk until smooth; set aside.

Beat egg whites in clean mixer bowl with clean beaters at medium speed until foamy. Add cream of tartar and beat at high speed until stiff. Gently fold yolk mixture into egg whites. Spoon batter into ungreased 10-inch tube pan. Bake 55 to 60 minutes, until toothpick inserted halfway between tube and side of pan comes out clean. Invert pan onto a bottle and cool completely.

Unmold cake onto serving plate. Drizzle top with glaze. Makes 16 servings.

Glaze: Heat 1/2 cup Burnt-Sugar Syrup to boiling in saucepan; boil 3 minutes. Gradually stir in cream; boil 3 minutes more. Remove from heat. Whisk in butter. Cool, then drizzle over cake.

Per serving		Daily goal
Calories	255	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	75 mg	300 mg or less
Sodium	264 mg	2,400 mg or less
Carbohydrates	34 g	250 g or more
Protein	4 g	55 g to 90 g

CARAMEL CREAM PUFFS WITH CARAMEL ICE CREAM

Test-kitchen favorite *A luscious triple-caramel treat: cream puffs (French profiteroles) filled with caramel ice cream and topped with a crown of brittle, then sprinkled with praline.*

Prep time: 35 minutes plus cooling, chilling and freezing

Baking time: 22 minutes

1 cup water
6 tablespoons butter, cut up
1/8 teaspoon salt
1 tablespoon sugar
1 cup all-purpose flour
5 large eggs

Brittle Topping
1 cup sugar
2 tablespoons water

Caramel Ice Cream
1 cup sugar
2 tablespoons water
2 cups heavy or whipping cream
1 1/2 cups milk
4 large egg yolks
Pinch salt

Praline
2 teaspoons vegetable oil
3/4 cup sugar
1 cup pecans, chopped

Preheat oven to 425°F. Grease 2 cookie sheets. Bring water, butter, salt and sugar to boil in saucepan until butter is melted. Remove from heat. Add flour all at once and beat vigorously with wooden spoon until smooth. Cook, stirring, over medium heat until pastry pulls away from sides of pan, about 1 minute.

Transfer pastry to large mixer bowl. Beat 30 seconds to cool slightly. At medium speed, add eggs one at a time, beating well after each addition.

Spoon into pastry bag fitted with 1/2-inch plain tip and pipe 1 1/2-inch mounds 1 1/2 inches apart on prepared cookie sheets. Bake 22 minutes, rotating pans once, until golden. Cool.

Brittle Topping: Follow steps 1 through 3 for caramelizing sugar (below).

Place puffs on racks over wax paper. Carefully spoon caramel evenly over tops. Cool 10 minutes. Cut each puff in half horizontally. Spoon in about 2 tablespoons ice cream and replace top. Cover and freeze up to 2 hours. Arrange 3 puffs on each dessert plate. Sprinkle with chopped Praline. Makes 14 servings.

Caramel Ice Cream: Follow steps 1 and 2 for caramelizing sugar (below). Carefully stir in cream and milk (mixture will bubble vigorously). Return to heat, stirring, until mixture is smooth.

Meanwhile, whisk egg yolks and salt in large bowl. Gradually whisk in half of hot cream mixture. Return to saucepan with remaining cream. Cook, stirring constantly, over medium heat until mixture coats back of spoon, 4 minutes. Strain through fine sieve into bowl. Cover and refrigerate until completely cold, 3 hours or up to 24 hours.

Transfer to ice-cream maker and freeze according to manufacturer's directions. Spoon into freezerproof container; cover and freeze overnight. Makes 6 cups.

Praline: Oil cookie sheet. Follow steps 1 and 2 for caramelizing sugar (below), but omit water. Remove from heat and stir in nuts. Pour onto prepared cookie sheet. Cool. Transfer praline to cutting board and coarsely chop. Makes 1 1/2 cups.

Per 3 puffs; 1/2 cup ice cream, 1 T. praline		Daily goal
Calories	460	2,000 (F), 2,500 (M)
Total fat	28 g	60 g or less (F); 70 g or less (M)
Saturated fat	14 g	20 g or less (F); 23 g or less (M)
Cholesterol	219 mg	300 mg or less
Sodium	136 mg	2,400 mg or less
Carbohydrates	48 g	250 g or more
Protein	6 g	55 g to 90 g

Recipes by Cathy Garvey.

HOW TO CARAMELIZE SUGAR









Sugar caramelizes between 310°F and 338°F. Just a reminder: This is not child's play. **1.** Combine sugar and water in a saucepan. Cook over medium-high heat, stirring with a wooden spoon just until sugar dissolves. Then bring to a boil without stirring. **2.** Continue cooking to a medium to deep amber color, depending on desired flavor. The deeper the color, the more distinctive the flavor. Be careful not to burn the caramel. **3.** Remove pan from heat and carefully place in a bowl of cool, not iced, water for 30 seconds to stop the cooking. **4. To make caramel cages:** Spray the outside of an inverted Bundtlette pan with vegetable cooking spray. (Or brush outsides of each of six Pyrex custard cups with vegetable oil.) Carefully drizzle hot caramel over each mold. If too thick to drizzle, reheat over medium heat. Cool 15 minutes. Carefully loosen caramel and lift off cages.

Roses... he fairest of hem all!



Shown smaller than actual size of 8 1/4" in diameter.

the Danbury Mint

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ummer's Bounty

numbered limited–edition collector plate trimmed in 23kt gold

eir familiar fragrance fills the air; ir vibrant beauty lingers as if they e just freshly cut. Now roses, ure's most glorious work of art, are ingly arranged in an exquisite dried ver wreath.

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Please accept my reservation for **"Summer's Bounty."** Reserve _____ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of $13.50* each, with the first billed prior to shipment.

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WHP

...THIS MONTH, WE'LL HIGHLIGHT THE LATEST TRENDS: NEWS ...THE SUPERMARKET, HEALTH-BOOSTING FOODS AND MORE. ...THE SCOOP (PLUS THE PREZ'S FAVORITE RECIPE!), READ ON

What's cooking in WASHINGTON



We all know Bill Clinton likes fast food—after all, he posed for pictures with plenty of burgers and pizzas during the campaign. And his affection for down-to-earth Southern cooking is no secret either. So now that he's in office, his new hometown is doing its best to cater to his tastes. Sure enough, a burger-and-ribs place called (what else?) Slick Willie's has opened on Capitol Hill. And two Little Rock restaurants, Doe's Eat Place and Your Mama's Good Food, will soon follow the President to Washington.

George Eldridge and Lucille Robinson's Doe's Eat Place (unofficially known as George and Lucille's) draws more than four hundred people a day in Little Rock. In the nation's capital, George plans to "keep things with an Arkansas tradition"—steaks, fried shrimp and hot tamales, maybe some barbecue and probably "a little music." Most important, he'll feature President Clinton's favorite fare: Lucille's famous jalapeño cheeseburgers. Thick patties spiced with Lucille's special touch and cooked on a hot grill to seal in the juices, they're topped with pepper-jack cheese and served with the works.

—PHYLLIS C. RICHMAN

Lucille's Jalapeño Cheeseburgers

Shape 2 pounds lean (80%) ground beef into six 1-inch-thick patties. Grill over medium coals, sprinkling both sides with seasoned salt, garlic salt and pepper, 7 to 8 minutes per side for medium-well. Place on toasted rolls and top with sliced pepper-jack cheese and desired toppings. Serves 6.





BURGER ALERT!

After the alarming outbreak of food poisoning at fast-food restaurants earlier this year (undercooked ground beef was found to be contaminated with E. coli bacteria), *Ladies' Home Journal* shared the nation's concern about the safety of our food supply. We picked up burgers at five fast-food restaurants and a diner in New York City, then sent them to a laboratory to be analyzed. We're relieved to report that all of the burgers got a clean slate.

For homemade burgers, follow the advice of the United States Department of Agriculture: ■ When shopping, select meat last and refrigerate it first—as soon as you get home. ■ Before handling meat (or any food), wash your hands thoroughly in hot, soapy water. ■ Use ground meat within one or two days or freeze it immediately. ■ Cook burgers to medium-well. An internal temperature of 160°F kills most harmful bacteria

MARKET TRENDS

WHAT'S NEW OR NOTEWORTHY IN THE PRODUCE SECTION, AND THE MOST POPULAR ITEMS ON THE CHECKOUT LINE

Peppers

Just a few years ago, green was the color of peppers. Today they come in a rainbow of hues, adding flavor to new favorites like fajitas or roasted in classic Italian dishes. All peppers start out green, then ripen to a brilliant red, orange, yellow or deep purple, depending on the hybrid. A longer time on the vine gives these peppers a sweeter, milder taste and softer texture than green peppers. (Milder peppers are more easily digested, too.)



Until recently, most colored peppers were imported, mainly from Holland. New research on the cross-breeding of several varieties has produced the domestic Royale line of sweet red, yellow and orange peppers, which are grown year-round in California and Mexico. And as they become more easily available, look for prices to drop. (As with other produce, prices for all kinds of peppers vary seasonally.)

Red and yellow peppers are an excellent source of vitamin A, and all peppers are excellent sources of vitamin C, and are low in calories (13 calories per 1/2 cup) and sodium. Look for firm peppers with rich color, smooth, unshriveled skin and a firm green stem. Peppers can be stored in a plastic bag in the refrigerator up to one week.

(continued)

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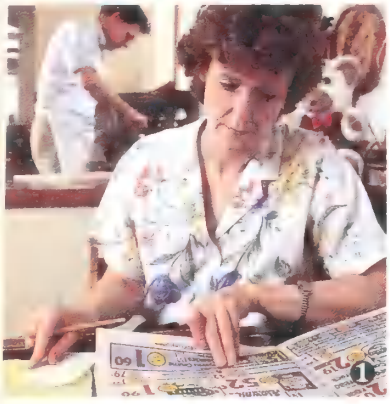
How they do it
EATING ON A BUDGET

Like many middle-class families, Janet Tenney and Tom Foltz see themselves as "running just to stay in place." Providing for the children's college education is a priority, so they economize where they can—primarily on a food budget that allows them to eat well for about $80 a week.

Balancing the demands of two careers, child care and the activities and tastes of their children, Jared, four, and Laura, eleven, requires careful planning; once-a-week shopping is systematic, and meal preparation is a family affair. But their extra effort pays off. For the Foltzes, saving money doesn't mean doing without; it means putting value where it counts—on the table. —JULIE ROVNER



Tom Foltz and Janet Tenney and their children, Jared and Laura. Tom is a self-employed lawyer; Janet, a nutritionist for a large food company.



Janet pores over weekly sale circulars and ads in the newspaper food section to plan the week's menus—including brown-bag lunches—then makes a shopping list. Planning and shopping take about an hour and a half a week.



Taking advantage of weekly sales is one way Janet saves. She stockpiles sales items, chooses store brands when possible and buys seasonal produce as part of her economic plan.



By shopping on sale days and using double-couponing whenever possible, Janet is often able to get good value on her family's favorite brands.



When chickens go on sale, Janet buys five or six whole chickens and Tom has a "chickathon"; he cuts them up for freezing and for cooking up broth. Tom, who has more flexible hours and a shorter commute than Janet, often gets dinner started.



The Foltzes whip up some of the kids' favorites—Tom's tomato sauce, Janet's cocoa mix, pizza—at home rather than buy them ready-made. The parents think it's more nutritious, and the kids think it's more fun.



A GUIDE TO SMART SHOPPING

IN AN AVERAGE WEEK, THE FOLTZES SPEND $84 ON GROCERIES—NEARLY $50 LESS THAN THE AVERAGE FOR THE EASTERN U.S. ($132) AND ALMOST $40 LESS THAN THE NATIONAL AVERAGE ($120). WHAT'S EVEN MORE AMAZING IS THAT THEIR $84 BILL INCLUDES BROWN-BAG LUNCHES AND PRICEY NONFOOD ITEMS LIKE PAPER GOODS. BELOW, MORE OF THEIR ECONOMICAL TIPS:

- Even though they live on a tight budget, the Foltzes do eat meat at least twice a week. Janet buys it on sale and prepares it in ways that minimize waste—serving steak in thin slices instead of slabs, cooking a weekend pot roast that is then used as the base for another meal.
- One-stop shopping at a full-service market close to home is the key to the Foltzes' shopping strategy. When Janet prepares the week's grocery list, she plans ahead and includes items like birthday cards and wrapping paper for upcoming parties so she doesn't waste time, gas and money driving elsewhere.
- Though Janet carefully plans weekly dinners down to the side vegetables and dessert fruits, everything is subject to change once she gets to the market and inspects the quality, price and availability of the produce. If nothing meets her standards that week, she relies on frozen veggies she has at home.

Source: Food Marketing Institute (FMI)


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FOOD IN THE NEWS

A LOOK AT THE LATEST FINDINGS ON THE LINK BETWEEN DIET AND HEALTH—PLUS A GREAT-TASTING WAY TO INCLUDE THESE GOOD-FOR-YOU FOODS IN YOUR DIET

Garlic

Garlic-lovers have always endowed this pungent vegetable with medicinal magic, and now there's increasing evidence that some of their claims are true. Garlic may be an aid to the immune system as well as a potent cholesterol-lowering agent, however, its greatest health appeal lies in its ability to fight cancer. Animal studies have shown that garlic contains sulfur compounds that can intercept cancer-causing substances and prevent them from causing damage to growing cells. And research from China reveals that people who eat lots of raw garlic (about 20 grams per day or 5 teaspoons minced) have much lower rates of stomach cancer than those who eat very little.



Scientists believe that allicin, a substance found in the onion (Allium) family, interferes with the biochemical development of cancer. (Other sources of allicin: onions, shallots, leeks, green onions.) The National Cancer Institute is also studying other foods in an effort to identify their cancer-fighting properties. —MAUREEN CALLAHAN

CHINESE CHICKEN AND NOODLES

Eat your garlic—and keep your friends. The soy, ginger and sesame oil mask any hint of "garlic breath."
Prep time: 30 minutes
Cooking time: 10 minutes

Dressing
- 1/3 cup vegetable oil
- 1/3 cup soy sauce
- 2 tablespoons honey
- 1 teaspoon Oriental sesame oil
- 1/2 teaspoon red pepper flakes
- 1/2 cup coarsely chopped fresh ginger
- 2 teaspoons finely chopped garlic
- 2 tablespoons coarsely chopped green onions

- 1 pound linguine or thin spaghetti
- 1/4 pound snow peas
- 2 cups cooked julienned chicken
- 1 red pepper, julienned
- 1 can (8 oz.) sliced water chestnuts or 1 large celery rib, sliced thin
- 1/2 cup thinly sliced green onions
- 2 teaspoons sesame seeds, toasted (optional)

Dressing: Combine first 5 ingredients in large bowl. In food processor, process ginger, garlic and green onions until chopped fine. Whisk into soy mixture.

Cook pasta according to package directions. Drain, rinse under cold water and set aside. Heat snow peas and 1/2 teaspoon salt in 1 inch water in medium saucepan over high heat until snow peas are bright green, 20 seconds. Remove from heat. Drain and rinse under cold water. Julienne.

Add snow peas and pasta to dressing with remaining ingredients; toss to coat. *(Can be made ahead. Cover and refrigerate up to 4 hours.)* Makes 6 servings.

Per serving: 555 calories, 18 g total fat, 3 g saturated fat, 42 mg cholesterol, 147 mg sodium, 73 g carbohydrates, 25 g protein.

Recipe by Lorie Nolan-Dorrance.





MARKET TRENDS
(continued)

Salsa

Believe it or not, salsa outsold ketchup in 1991, and its influence is still growing. Lynn Dornblazer, publisher of *New Product News*, a marketing trade publication, reports that in 1992, Mexican-style condiments, including salsa, made up more than 10 percent of total condiments on the market.

Usually a spicy, mild-to-hot mix of tomatoes, chiles and onions, salsa is now commonly used to flavor meats and veggies as a marinade or sauce, as a topping for pizzas and burgers and, of course, as a dip for chips. This year two major food companies, Heinz and Kachina Foods, have introduced salsa-flavored ketchups in a squeeze bottle.

Consumers are also increasingly aware that salsa is not only low in fat, but also adds flavor to lower-fat foods.

Salsa is available bottled and fresh. Because bottled salsas must be cooked to 200° F. before bottling to be shelf-stable, they end up with a similar flavor. Fortunately, fresh, uncooked salsas are becoming more available in the refrigerated section. Although they have a shorter shelf life than the bottled product (usually up to three weeks in the fridge), their robust flavor and texture make them a good value.



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EAT—AND GROW—YOUR VEGGIES

LOVE FRESH VEGGIES? YOU DON'T NEED A GREEN THUMB TO GROW YOUR OWN. THESE SIMPLE TIPS WILL GET YOU STARTED. BY ANNE HALPIN

The key to a successful vegetable garden is to match plants to available growing conditions, as well as to the amount of space and time you have to devote to your garden:

● **FOR SANDY SOIL**, the best crops are root vegetables, like carrots or beets (the light-textured soil is easy for them to penetrate); light feeders such as lettuce, spinach and other leafy greens; and members of the cabbage family.

● **VEGETABLES FOR SHADE** The following vegetables will grow in a partially shaded garden that receives two hours of direct sun and indirect light the rest of the day: arugula, beets, broccoli, cabbage, carrots, Chinese cabbage, endive and escarole, garden cress, kale, leaf lettuce, mustard greens, peas, sorrel, spinach, Swiss chard and turnips.

● **LET THE SUN SHINE IN** For maximum sun exposure, which most plants love, orient your garden so the rows or beds run east to west. Plant the shortest plants in front (on the south side) of the garden and the tallest in the back (the north side), where they will not cast shadows on the smaller plants.

● **A BIGGER HARVEST FOR A SMALL GARDEN** Vegetables with the biggest yield per unit of space include bush beans, pole beans, beets, carrots, leaf lettuce, onions, peppers, radishes, spinach, bush-type summer squash, tomatoes and turnips. To save space, train vining crops up a trellis.

● **EASY CARE** If you don't have much time to devote to gardening, plant low-maintenance vegetables, which include arugula, asparagus (it takes work to plant but once established needs little care), bush beans, beets, cabbage, carrots, Swiss chard, collards, garden cress, escarole, leaf lettuce, okra, peas, peppers, radishes, spinach and bush summer squash.

● **THE QUICKEST REWARD** For an early harvest, grow fast-maturing vegetables such as garden cress, radishes, scallions, leaf lettuce, mustard greens, spinach and summer squash. To extend the season of fast-growing vegetables, consider making several plantings two or three weeks apart, instead of planting the whole crop at once.

From 500 TERRIFIC IDEAS FOR GARDENING, by Anne Halpin. Copyright © 1992 by Round Stone Press, Inc. Published by permission of Fireside/Simon & Schuster, Inc.



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Since Tri-Star strawberries are unaffected by day length or hot midsummer temperatures, you'll have baskets of luscious berries throughout the season.



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Our supersize asparagus plants can yield up to four times as much as traditional varieties. Healthy, one-year-old roots sprout soon after planting and produce succulent spears year after year.

To order, see page 220.

SUMMER **DRESSINGS**

Orange dip for strawberries Line a colander with cheesecloth or a coffee filter. Place over a bowl. Spoon **1 container (16 oz.) plain, natural low-fat yogurt** into colander. Add **two 3-inch-long strips orange peel**. Cover and refrigerate 6 hours or overnight. Discard liquid in bowl. Place **2 tablespoons sugar** in medium bowl. Whisk in 2 tablespoons yogurt cheese until smooth. Fold in remaining cheese until blended. Makes 1 cup.

Creamy tarragon dressing Combine **1/2 cup *each* parsley leaves, mayonnaise and sour cream, 2 tablespoons *each* chopped green onion and fresh tarragon (or 1/2 teaspoon dried)** and **1/8 teaspoon salt** in blender; puree. Serve with asparagus or tomatoes. Makes 1 cup.

Recipes by Lisa Brainerd and Lorie Nolan-Dorrance.

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THINK OF IT AS TODAY'S SUGAR



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You asked for it!

sauce celebrates its 125th birthday with the publication of "The [illegible] Cookbook" by Paul McIlhenny and Barbara Hunter. America's famous [illegible] made in Louisiana by the McIlhenny family, has livened up [illegible] since 1868. Here is LHJ food editor Jan Hazard's favorite recipe [illegible] cookbook—Eula Mae's Cajun Seafood Gumbo. Cajun-style gumbo is never [illegible] with a roux (a flour-oil mixture used as a base for many gumbos).

HAPPY BIRTHDAY, TABASCO SAUCE!

Heat 3 tablespoons vegetable oil in large Dutch oven over medium heat. Add 1 pound fresh okra or 1 package (10 oz.) frozen okra, thawed, sliced thin. Cook, stirring frequently, until lightly browned, 20 to 25 minutes. Add 1 1/2 teaspoons white vinegar and cook 10 minutes more. Transfer okra to bowl and set aside. Heat 2 tablespoons oil in same pot over medium-high heat. Add 1 pound ham steak, diced, and cook until browned, 7 to 10 minutes. Transfer ham with slotted spoon to bowl with okra. Add 2 cups chopped onions, 3/4 cup chopped green pepper, 1/2 cup chopped celery and 2 tablespoons minced garlic to pot. Cook until just tender, 10 minutes. Add 8 cups water, cooked okra, ham and 1 cup canned, drained, chopped tomatoes to Dutch oven. Bring to boil; cover and simmer over low heat 1 hour. Add 2 pounds medium shrimp, peeled and deveined, and cook 10 minutes. Add 1 pound lump crabmeat, flaked and picked over, and 1 teaspoon red pepper sauce, and cook until heated through. Serve with cooked rice and additional pepper sauce. Makes 15 cups.

recipe index

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ntinued from page 140

dn't seem much point to it.
Richard was interested in sex only oc-sionally; she was more of a business rtner to him than anything else. And me of her appreciated that. But stling within her was another person o wanted to bathe and perfume herself and be carried away.
She dressed again and sat at the chen table, writing on a sheet of paper. k the collie followed her out to the rd pickup and jumped in when she ened the door. He stuck his head out passenger window as she turned the ck onto the country road.
Roseman Bridge was dark. But Jack ed on ahead while she carried a flash-it. She tacked the note on the left side he bridge and went home.

Tuesday morning. Francesca was feeding the dog on the porch when the phone rang. She caught n the second ring: "Johnson's."
Hi, this is Robert Kincaid."
Her insides jumped again.
Got your note—I accept the invitation, it might be late. The weather's good, I'm planning on shooting the Cedar dge this evening. Is that all right?"
No, it wasn't all right. She didn't want wait that long, but she only said, "Oh, e. Get your work done; that's what's portant. I'll fix something that'll be to warm up when you get here."
After he called, Francesca drove into Moines and went to the state liquor e. She asked the clerk about a good e. He didn't know any more than she , so she looked through the rows of les until she came across a label that d "Valpolicella." She remembered from a long time ago. Dry, Italian wine. She bought two bottles, feeling sual and worldly.
Next she looked for a new summer ss. She found one, pink with thin ps and a narrow sash that gathered ind her waist.

t was after nine that night when she heard his truck coming up the lane. She stepped out of the back porch r. "Shower?" she asked.
That'd be great. Show me the way."
he shower went on upstairs just as phone rang. It was Richard.
Everything okay?"
Yes."
Carolyn's steer'll be judged on lnesday. We'll be home Friday, late."
All right, have a good time and drive fully."
Frannie, you sure you're okay? Sound tle strange."
No, I'm fine. Just hot. I'll be better my bath."

Francesca pulled her long black hair behind her and fastened it with a silver clasp. Silver hooped earrings, and a loose-fitting silver bracelet.

Robert Kincaid was drinking a beer and repacking his cameras when she came into the kitchen. He looked up at her.

"Jesus," he said softly.

"I mean"—his voice was a little shaky, a little rough—"if you don't mind my boldness, you look stunning. I'm serious. You're big-time elegant, Francesca."

His admiration was genuine, she could tell. She reveled in it, let it swirl over her.

Robert looked steadily at Francesca. She looked back in kind. From ten feet apart they were locked in to one another, solidly, intimately. She walked to the sink and turned on the radio. More country music. She adjusted the dial until the sound of a big band came on.

She smiled softly at him. "Are you hungry? I can have supper ready whenever you want."

"It was a long, good day. I wouldn't mind another beer before I eat. Will you have one with me?"

She would. He opened two and set one on her side of the table.

Francesca was pleased with how she looked and how she felt. Feminine. That's how she felt. Light and warm and feminine. Kincaid was leaning against the refrigerator, Budweiser in his hand.

"We could dance, if you like," he said in that serious, shy way of his. "I'm not much of a dancer, but if you'd like to, I can probably handle it in a kitchen."

Francesca blushed a little. "Okay. But I don't dance much either . . . anymore."

He smiled and put his beer on the counter. She rose, feeling awkward. He took her hand, put an arm around her waist, and the awkwardness vanished. He moved his arm, pulled her closer.

She could smell him, clean and soaped and warm.

"Nice perfume," he said, bringing her hands in to lie upon his chest.

"Thank you."

On that Tuesday night, gradually and without design, they had moved closer and closer, dancing in the kitchen. Francesca was pressed against his chest.

It was hot. The humidity was up, and thunder rolled far in the southwest. He was falling into her now. And she into him. She moved her cheek away from his, looked up at him with dark eyes, and he kissed her, and she kissed back.

They gave up the pretense of dancing, and her arms went around his neck. His left hand was on her waist behind her back, the other brushing across her neck and her cheek and her hair.

Sitting by the window on her sixty-seventh birthday, Francesca watched the rain and remembered. She carried her brandy into the kitchen and stopped, staring at the exact spot where the two of them had stood. Her feelings were overwhelming; they always were.

She had finally pulled back from him, from where they stood in the kitchen, and took his hand, leading him, up the stairs, past Carolyn's room, past Michael's room, and into her room, turning on a small lamp by the bed.

Now, all these years later, Francesca carried her brandy and walked slowly up the stairs, her right hand trailing behind her to bring along the memory of him up the stairs and into the bedroom. ■



The making of a best-seller

Number one—an unlikely fate for a first novel by a fifty-two-year-old economics professor. But that's just what happened to *The Bridges of Madison County*, Robert James Waller's story of a four-day affair between a farm wife and a photographer.

To be sure, the book's success didn't happen overnight. With a first printing of 29,000 in spring 1992, *Bridges* sold slowly at first, just as its publisher, Warner Books, had expected. But after booksellers—especially owners of independent bookstores—read the book, they began recommending it strongly to their customers, some even offering the book at a discount or with a money-back guarantee. Readers, in turn, talked the book up to friends. Thus, the novel gained momentum, climbing best-seller lists until finally, almost a year after it first appeared, *Bridges* reached number one. With 675,000 copies in print, the book has become the word-of-mouth success of the year.

No one is more amazed by the book's success than Waller, who receives about one hundred letters a week, many telling him that they stayed up all night to finish the book, reading and weeping. "The intensity of the reaction surprises me," soft-spoken Waller says. He thinks the book's appeal lies not only in its love story—"Of course the affair is something everyone would like to have"—but also in its quiet tone and sentimentality. "It's a noncynical book in a time of great cynicism."

TELL US WHAT **YOU** THINK

help us make LHJ an even better magazine for you by filling out and returning this questionnaire W
be told what your biggest beauty and fashion problems are, and how you shop for products and oth

Lois Joy Johnson, Beauty and Fashion Directo

e following types of beauty stories do you like
heck all that apply.)

-5 ☐ Cosmetic surgery
-6 ☐ Anti-aging advice
-7 ☐ Fitness

2 a. Which of the following types of fashion stories do you like best? (Please check all that apply.)
2 b. Which of the following types of stories would you like to see more of? (Please check all that apply.)

	Like best	Like to see more
Figure-flaw-solving fashion	(7-1)	(8-1)
Fashion dos and don'ts	(-2)	(-2)
Tips from fashion designers	(-3)	(-3)
How to choose clothing for work	(-4)	(-4)
How to choose clothing for weekend	(-5)	(-5)
How to choose party clothing	(-6)	(-6)
Bathing suits	(-7)	(-7)
Dressing on a budget	(-8)	(-8)
Smart shopping advice	(-9)	(-9)

3. How much time do you spend applying makeup in the morning?

9-1 ☐ Less than 10 minutes
-2 ☐ 10 to 20 minutes
-3 ☐ 20 to 30 minutes
-4 ☐ 30 minutes or more

4. If you could only wear one of the following cosmetics, what would it be?

10-1 ☐ Foundation/powder
-2 ☐ Blusher
-3 ☐ Mascara
-4 ☐ Undereye concealer
-5 ☐ Moisturizer
-6 ☐ Eye shadow/liner
-7 ☐ Nail polish
-8 ☐ Lipstick

5 a. What do you usually wear to work?
5 b. What about on the weekends?
5 c. What's your favorite outfit?

	Week	Weekends	Favorite
Suits	(11-1)	(12-1)	(13-1)
Skirts & blouses/ sweaters	(-2)	(-2)	(-2)
Dresses	(-3)	(-3)	(-3)
Pants	(-4)	(-4)	(-4)
Jeans	(-5)	(-5)	(-5)
Stirrups/ leggings	(-6)	(-6)	(-6)
Uniform	(-7)	(-7)	(-7)
Sweats	(-8)	(-8)	(-8)

6. What size are you? _____ (14-15)

7. Do you think you're overweight?

16-1 ☐ Yes -2 ☐ No

8. What is your biggest beauty problem?

17-1 ☐ Wrinkles
-2 ☐ Sun damage
-3 ☐ Blemishes
-4 ☐ Baggy eyelids/circles
-5 ☐ Adult acne
-6 ☐ Oily skin
-7 ☐ Dry, flaky skin
-8 ☐ Frizzy hair
-9 ☐ Dry, damaged hair
-0 ☐ Fine, limp hair

9. What is your biggest fashion problem?

18-1 ☐ Affordable fashion
-2 ☐ Petite dressing
-3 ☐ Accessorizing
-4 ☐ Figure flaws
-5 ☐ Larger-size fashion
-6 ☐ How to wear new trends
-7 ☐ Recovering from pregnancy
-8 ☐ Weight loss
-9 ☐ Recycling old classics

10. Does your office have a casual day during the week?

19-1 ☐ Yes -2 ☐ No

11. How much have you spent on clothing in the past year?

20-1 ☐ Under $100
-2 ☐ $100 to $249
-3 ☐ $250 to $349
-4 ☐ $350 to $499
-5 ☐ $500 to $999
-6 ☐ $1,000 or more

12. What kinds of lingerie do you buy? (Please check all that apply.)

21-1 ☐ Basic everyday bra and panties
-2 ☐ Indulgent teddies, camisoles, silks
-3 ☐ Body-control items

13. Have you had any of the following types of plastic surgery in the past year? (Please check all that apply.)

22-1 ☐ Face-lift
2 ☐ Eye-lift
-3 ☐ Nose job
-4 ☐ Liposuction
-5 ☐ Breast reduction
6 ☐ Breast implants
-7 ☐ Spider-vein zapping
8 ☐ Skin peels

14. How much do you spend for a haircut for yourself?

$ _____ (23-25)

15. Which of the following are most important to you in clothing? (Please check all that apply.)

26-1 ☐ Wearability
-2 ☐ Comfort
3 ☐ Style
-4 ☐ Price
-5 ☐ Designer label
-6 ☐ Care/maintenance

16. When you splurge on yourself, what are you most likely to buy?

27-1 ☐ Costume jewelry
-2 ☐ Lingerie
-3 ☐ Perfume
-4 ☐ New makeup
-5 ☐ Skin treatments
-6 ☐ Shoes
-7 ☐ Handbags
-8 ☐ Clothing
-9 ☐ Other _____ (28)

17. Which of the following are main reasons that you clothes shopping? (Please check all that apply.)

29-1 ☐ I need an outfit for a special occasion
-2 ☐ I need a lift
-3 ☐ I feel an impulse
-4 ☐ Something I like has been advertised
-5 ☐ A sale is going on
-6 ☐ Something wears out and needs replacing
-7 ☐ To keep stylish

18. In which of the following ways has your fashion behavior changed in the past couple of years?

30-1 ☐ I'm continuing to spend the way I always have
-2 ☐ I'm buying less expensive clothing than I used to
-3 ☐ I'm buying good-quality clothing but less of it

19. Which of the following do you do? (Please check all that apply.)

31-1 ☐ Use haircolor
-2 ☐ Use skin-treatment products
-3 ☐ Belong to a gym
-4 ☐ Use home-fitness videos
-5 ☐ Go for salon treatments
-6 ☐ Perm hair
-7 ☐ Use self-tanners
-8 ☐ Wear contacts
-9 ☐ Wear glasses

20. Where do you get your beauty and fashion tips? (Please check all that apply.)

32-1 ☐ Magazines
-2 ☐ Newspapers
-3 ☐ Television
-4 ☐ Catalogs
-5 ☐ Family/friends
-6 ☐ Store displays
-7 ☐ Store salespeople
-8 ☐ Other _____

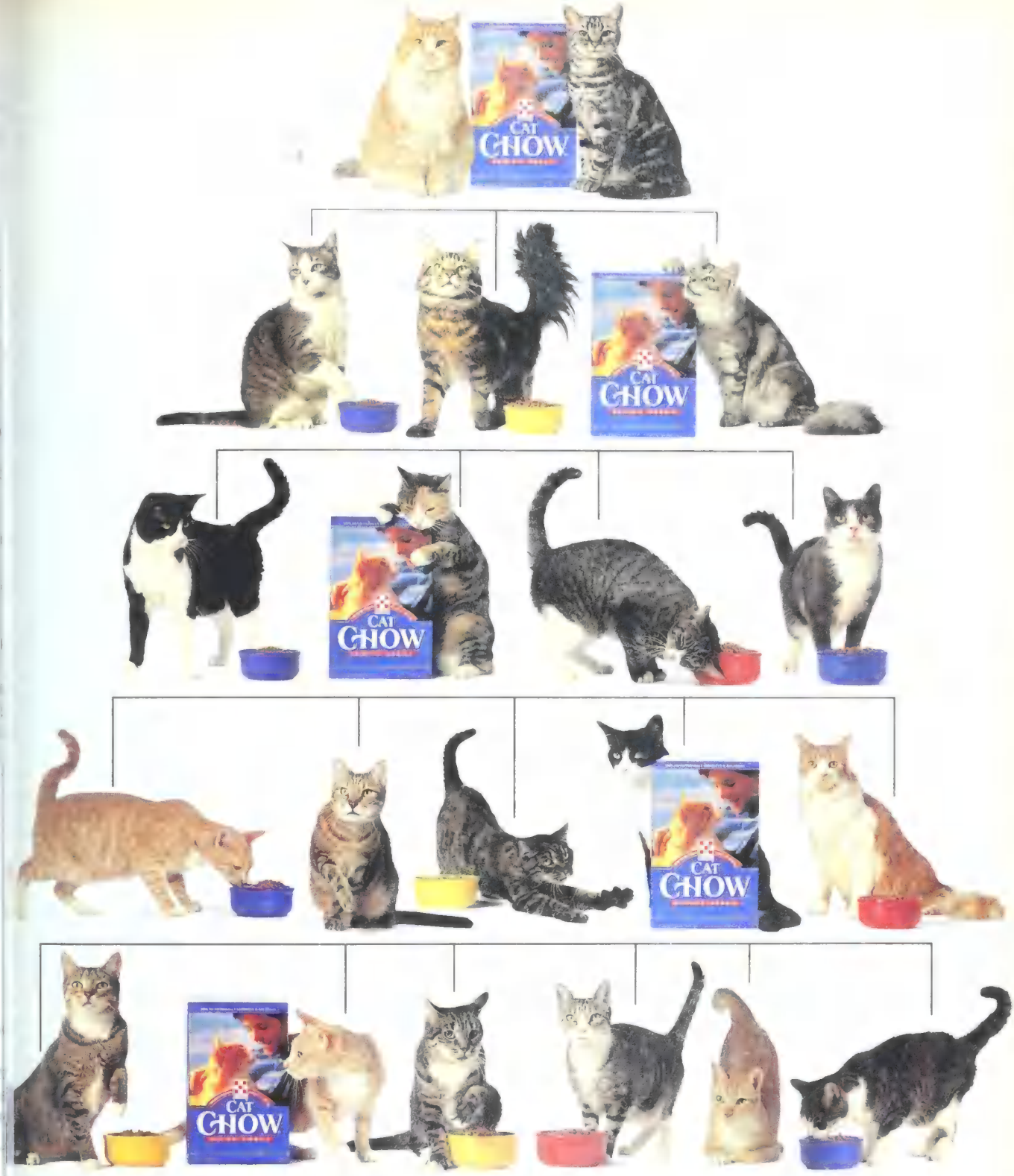
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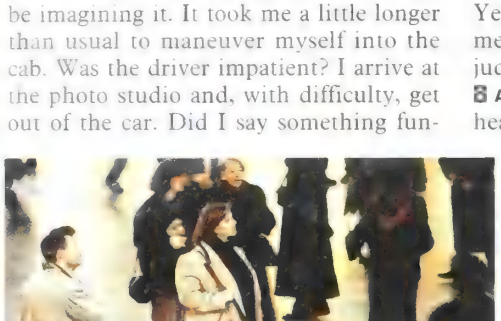
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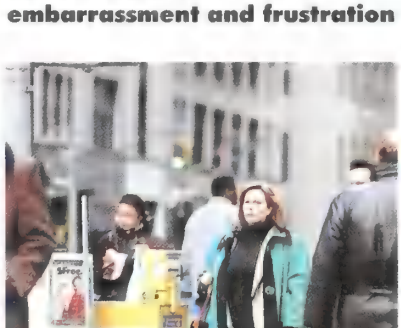
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Even the most ordinary activities—like riding the train to work and walking along the street—were a source of embarrassment and frustration

ny? The driver is openly laughing.

8 P.M.: I show my husband and kids the before-and-after pictures from the photo session. My husband reconsiders his willingness to go out to dinner with me in my disguise. "It makes me sad to think of you this fat," he says. "I'll be uncomfortable knowing that people will be staring at you and making fun of you." My kids chorus, "Don't pick me up at school looking like that."

We talk about fat discrimination. "I don't dislike fat people," says Elizabeth, my ten-year-old. "It's just that I wouldn't want anyone to say mean things about you." Nine-year-old Amanda says flatly, "You scare me." Alex, my seven-year-old son, laughs nervously and wants to try on the costume.

11 P.M.: I am trying to fall asleep in my own body. My husband is quietly snoring. I am hurt by his reaction to the fat me. While he's never made a disparaging comment about my body in the twelve years we've been married, I feel awful at having seen the look of repulsion on his face when he saw the photos.

Monday

7 A.M.: I suit up and take the commuter train to work. No one sits next to me. I feel incredibly self-conscious. People look long enough to let me know that they disapprove, then go back to reading their morning newspapers. Two women go as far as to whisper blatantly, glaring at me with a how-could-you-let-yourself-get-like-that attitude. I take up one and a half seats, and, yes, I feel embarrassed. Yet shame takes a backseat to the resentment I'm feeling. How dare these people judge me on the basis of my dress size?

8 A.M.: At the office, everyone is eager to hear about my experiences and to see if my disguise has had an impact on the real me. One editor remarks that in my fat suit, my body movements seem more aggressive. A staff member asks me how I'll feel if while on assignment I bump into an old boyfriend. Another one says I seem depressed. Yes, I am depressed—and, suddenly, very hungry.

1 P.M.: I am lunching with two colleagues at a swank restaurant uptown. I am cranky, conscious of all the smirks and stares. In an effort to seem helpful, the waiter pulls my chair way out so that I can fit at the table. My embarrassment at having to shimmy into the chair with too-tight armrests is certainly noticed by the other patrons, who are sneaking looks whenever they can.

Okay, I'm fat, I'm thinking. But I'll bet some of you are pill-poppers, embezzlers, adulterers and lousy parents. I wish you had to display symbols of those character flaws as openly as I have to reveal my above-average body size (which some medical experts are beginning to define as a genetically linked trait—not a personality weakness). We skip dessert and leave.

5:30 P.M.: Driving home from the airstation, I stop at a red light next to a car with two teenage boys in it. I look over. The boy on the passenger side puffs out his cheeks at me and bursts out laughing.

6:30 P.M.: Pick up the kids at school and go to a take-out chicken shop to get dinner. My kids make me walk in first.

I order two roast chickens, potatoes, gravy, veggies, corn and a half-dozen brownies. Some kids in the restaurant refer to me as That Fat Lady; the adults with them muffle their amusement.

While the man at the cash register is ringing up my order, he asks me how many people I'm feeding. I reply indignantly, "Six people. Why?" He says that had he known, he could have suggested a less expensive family-pack meal. I am upset for assuming he was trying to ridicule me.

Tuesday

10 A.M.: On my way to Bloomingdale's to go shopping, I stop for ice cream at Häagen-Dazs. I order a double scoop of chocolate–chocolate chip, and as I watch the youngster behind the counter evaluate my size, I fight the urge to say something defensive. Walking down the street eating the cone, I see one well-dressed man shake his head in disparagement and another laugh out loud as he passes me.

Walking into Bloomingdale's is difficult. First, I can barely fit in the revolving door, and when I get inside, I feel all eyes are on me. Interestingly, I am not ignored the way I thought I would be. Two perfumers practically attack me with their latest fragrance. One man behind the counter asks me if I want a makeover.

I proceed to the elevator. Have to squeeze in. A couple of women giggle. I ask the saleswoman for help in her sportswear section. She refers me nicely to the "big gals" department.

On the way home, I buy a dozen bagels at a bakery in Grand Central Terminal. I eat one on the train. Why do people find it so repulsive to watch a large person eat? I do not give in to the frowning looks. I am hungry.

Wednesday

10 A.M.: I'm having a consultation at a beauty salon near my home. I tell the hairstylist, who's thin as a rail, that I want a different look. She gently explains that I need a fuller hairstyle to compensate for my ample figure. I am not offended. She has been honest, but not insulting. We talk about the difficulties of dieting. I have made a friend.

1 P.M.: I am meeting some friends for lunch at a restaurant in the suburbs. They can't wait to see my transformation.

nd hear about my project. I am feeling lepressed and do not want to go. I am getting tired of constantly being on the lefensive. My friends jokingly argue over who gets to sit next to me, so that they an feel skinny. I am delighted when I ee another large woman seated at the able next to us. I notice that she is eating salad. I order one, too.

:30 P.M.: I go grocery shopping. Everyne peers into my cart to see what the fat ady is buying. A couple of women are xasperated at not being able to get by ie in the canned goods aisle. I apologize nd turn sideways. I dread the candy isle, but I promised my kids Skittles. I rab the bag of candy and look to see if nyone is watching. I discreetly put it in ıy cart. I feel like a criminal.

P.M.: I worry that I'm getting paranoid ɔout others' reaction to me. I decide to ılk to an overweight woman to see if she as the same feelings. Unfortunately, she oes. "I am sick of being judged by what put in my mouth," Denise Rubin says. ubin, thirty-two, an attorney, is five feet vo and weighs over two hundred ɔunds. "I'm tired of being regarded as ss-than because of my more-than size. 'hen are we going to understand that fat an adjective, not an epithet?"

I listen sympathetically, but do not ıve an answer for her.

hursday

:30 A.M.: Elizabeth has told her fifthade class about my assignment, and the acher has asked me to come, in my fat it, to share my experience with the stunts. Elizabeth is no longer embarrassed let her friends see me. During this eek, we have all been transformed. We e anxious to tell my story to others; to ake people understand the prejudice. he kids in this classroom—most of ıom know me—laugh at first, and then 'e questions faster than I can answer em: How did I feel? Were people mean me? What's it like to be fat?

P.M.: I drive to the city to finish up me work at the office. I must admit, beg behind the wheel at this weight has ɔt been easy. I have had to adjust my seat to the farthest position so that I can fit comfortably, but, as a result, I can barely reach the pedals.

7:30 P.M.: I'm having dinner at a see-and-be-seen kind of place in the city with my costumer, Richard. We have made plans to meet in the lobby of a nearby hotel, so that I wouldn't have to walk into the chic restaurant all by myself. Richard is late, so I window-shop in the lobby. I am met with the looks of disdain that I have come to expect. Richard finally arrives at seven forty-five, and he kisses me hello. We walk arm-in-arm to dinner. I feel safe.

The nightmare begins. A sea of beautiful people are sitting at the bar. It is so crowded I can barely manage to take off my coat. Richard, a good-looking man, whispers from behind. He can't believe how blatantly I am being made fun of by the crowd at the bar. I wait in line to tell the hostess we have arrived, but she pretends not to see me. Richard steps in, gives her our name, and she shows us to our table.

We had asked for a table in front. We get seated in the back by the hostess. The two thirtysomething women next to me can barely contain their horror as I clumsily try to pass through the space between our tables to slide onto the banquette seat. The water glasses shake as I unwittingly rock both tables. Richard and I order a drink, and I take a roll from the bread basket. The two women are glaring at me. I order a goat-cheese salad and pasta with cream sauce. They giggle. The rest of the meal proceeds in much the same manner. Richard and I look at the dessert menu, ignoring the two women.

I excuse myself to go to the ladies' room. Once there, I change out of my fat suit and into my own clothes. I know that sounds crazy, but I'm so upset that I have to do it. I come back and slink into my place. The two women are stupefied. Richard is ready to take revenge. He tells me that as soon as I left, one of them asked him, "What are you doing with that fat pig?" He replied, "She's my girlfriend." "That's not possible," said one woman. "You must be a hustler." My blood is boiling. Richard tells them about my project. They are angry at me. *Angry* at me! They quickly pay the check and leave.

Richard and I leave after our coffee. I am put off by flirtatious looks from the same men at the bar who were previously so rude to me.

Friday

4 P.M.: I take my kids to the mall to buy clothes for our upcoming trip down south. Today while we're shopping I get two "Wows," countless dirty looks and one snort from various strangers. But I care less about what people are thinking. Perhaps it's because I know the project is coming to an end; perhaps I am resigned to society's disfavoring of me, the fat person. I still feel the sting of the everyday prejudice I experienced, but I feel less rebellious. I feel worn out.

7:30 P.M.: I'm out to dinner with my husband (sans fat suit). I am surprisingly sulky, not at all rejoicing in my instant weight loss. Instead, I feel ashamed of my culture and how much pain we cause people who are less than our concept of ideal. I'm thinking about ways I can help obese people feel more powerful; what I can do to deliver the message about maintaining positive self-esteem. Yet I am still using all my willpower to refrain from ordering dessert. ■

MAKE YOUR VOICE HEARD

The editors of *Ladies' Home Journal* believe that the issue of size discrimination is one that is not addressed nearly as often as it should be. We would like to hear from readers who, because of their weight, have undergone experiences similar to Leslie Lampert's. How are you coping with such behavior? Is this something you discuss with your friends, your family, your co-workers? Please send your letter to Ladies' Home Journal, Box H, 100 Park Avenue, New York, NY 10017. We will publish a representative selection in a future issue.

FOR MORE INFORMATION

Women's Therapy Center Institute, 80 East 11th Street, Suite 101, New York, NY 10003; 212-420-1974. National referrals for support groups, individual therapy, self-image counseling.

National Association to Advance Fat Acceptance, P.O. Box 188620, Sacramento, CA 95818; 800-442-1214 for recorded message; 916-558-6880 for assistance. Newsletter for members; information for chapters across the country; answers questions on discrimination issues.

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travel journal

Babywise travel

Traveling with a baby is messy and exhausting, and it never goes according to plan. As every parent knows, babies cry at the most inoptune moments, and they require all ds of unwieldy equipment—from car s to cribs to favorite toys.

Taking a tiny baby along is, in fact, a easier than traveling with a toddler has a will of her own. Still, a vacawith the kids won't be the romantic way you and your spouse might have alone: You can't be completely spon-ous with a baby along, and you can't end on her sleeping through a rely candlelit dinner or an afternoon he museum. But that doesn't mean can't have fun.

The best travel strategy to undertake n the kids are in tow is to do some rech well in advance of your trip. You t to be sure the destination and acmodations you choose are family-ndly. While the travel industry has vn increasingly family-friendly, there still those romantic restaurants and ques-filled inns that may turn up r noses at your diaper bag. (After all, ple seek out these places because 're trying to enjoy a break from their .) You need to find restaurants and ls that will welcome you, baby and Ask a reservations clerk whether the l has baby equipment as well as sitavailable. If the hotel doesn't have equipment you need and you really t to stay there, can you rent some by? Likewise, restaurants should high chairs and children's menus.

hink hard about your destination. ping in a wilderness area may sound , but it's probably not the right choice traveling with an infant. Try to go to place and stay put. Opt for a suite or lo to give yourselves more space—and acy. Also, find out before you go where can turn for help in an emergency—ety can ruin a trip very quickly.

you're flying, take a car seat with you sters aren't acceptable). Most airlines allow you to use an empty seat for it e plane is not full, because babies are strapped in. (If the flight is full and haven't bought a seat for the baby, flight attendants will check your car at the gate.)

ut long before you leave, have a frank with your spouse about your expecns for the trip. Decide how you're g to split the baby-care chores. Be reic, relax and enjoy. —EILEEN OGINTZ

Ladies' Home Journal TRAVEL DIRECTORY



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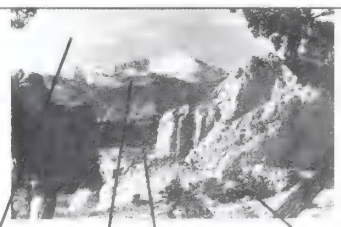
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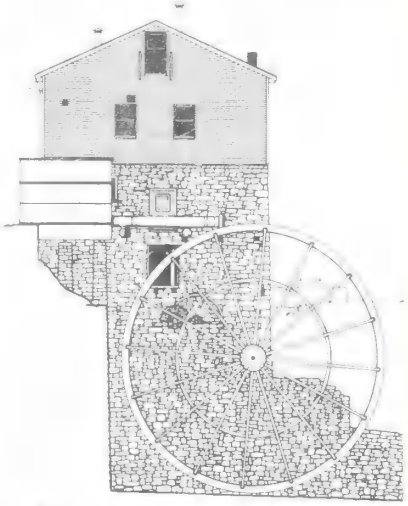
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Joan Lunden

continued from page 151

to retract the statement and make a substantial settlement on Joan's claim. But for the normally buoyant Lunden, the worst moment was when, in the newspapers, Michael accused Joan of not being a good mother, saying she had never been there when the girls needed her. Joan, once named "Outstanding Mother of the Year," said, "You can say anything you want about me, but not that! Anyone who knows me knows that I've devoted my entire life to my children."

The same day Krauss's accusations made news, Lunden, who loves to ride, set out to exercise a horse she planned to enter in an upcoming competition. "I shouldn't have been riding that day," she admits now. "My trainer told me, 'Don't go out. You're too upset; you'll get distracted.' But the horse was about to leave for the show, and it was all the time I had. On the first round of jumps, I fell on my left shoulder. The pain was awful. When I got to the hospital, doctors said I had broken my shoulder. A friend said, 'This is all you need right now.' I laughed and said, 'Actually, it's an incredibly great distraction from what is happening in my private life.' "

Unfortunately, Lunden says, her physical injury has healed faster than her emotional wounds.

At the same time, however, she believes that the trials of the past year have shown her that she is stronger than she ever realized. Here, in an LHJ exclusive, she tells how her toughest year has brought her the chance to start over.

"MY PAINFUL JOURNEY" By Joan Lunden, as told to Ann Marie Cunningham

My viewers always write to me, but I was caught off guard by the huge response to the news about my marriage, and by the mix of emotions in the letters I got. Some people were incredibly sad, as though there'd been a divorce in their own family; others were angry. My situation really struck a chord, I think, because there is so much divorce today. There's nothing unique about me—a lot of women have been through the same thing—and there's comfort in that.

A big reason my divorce has been so painful is that I've never been controversial before. Viewers have told me they were astonished when they read I was leaving my husband. When they see me on the show every day, they're at home with their families, and there I am with them. So they felt as if they knew me well. I seemed like a next-door neighbor, a friend with a great job and a happy family—but they didn't know that, all along, I was going through incredible emotional turmoil.

The truth is, only about three close friends knew anything at all. I didn't even tell my mother. When I was growing up, she always said, "If you have a fight with your husband, don't tell anyone. The reason is, you'll make up with your husband, and then you'll expect your friends and relatives to do the same. But they'll still be thinking, He's a jerk!" If I'd told my mother about the problems Michael and I were having, there's no way she could have felt comfortable with him.

I was very close to my mother when I was growing up—when I was twelve my father was killed in a plane crash, and my mother had to work really hard to make sure my brother and I got through high school and college. But we grew apart after I married, because she and Michael never really hit it off. This was always a source of sadness for me.

My mother was also concerned about

y health. And she was right to be. She w me juggling my career, motherhood d all of Michael's projects. Everyone vays used to ask, "How do you do it?" I uld smile and shrug it off, but in the e eighties, all the extra work I did on ichael's projects finally caught up with , bringing me to the edge of emotional d physical collapse and keeping me m spending as much time as I wanted th my kids. But it took a while before I uld build up the courage to leave. I ew four years ago that I was in a situan that didn't feel right, and I couldn't ange my husband, hard as I might try. anted to leave long before I did. But I d to find the emotional strength to ke the break.

For the first time in my life, I went ough a state of depression for several nths. I was terrified at the thought of ange, sad over the loss, and relieved t I was finally facing my problems. ce I figured out that things weren't ng to change, I had to decide what I s going to do, where I was going to go. w would I organize my life from now ? How would I deal with the doubts? I have doubts, and I did feel guilty. Afall, I'd broken up my family, and aking up a home is one of the hardest ngs that a person can do.

So, two years ago, I started to address life in a way I never had before. The first year, I got into shape. I changed my eating habits and trained two hours a day, three days a week. I lost the forty-five pounds left over from my pregnancies. Now I use a treadmill at home, and I've discovered how therapeutic horseback riding can be. I finally felt I had control over at least one part of my life.

The next year, Michael and I had nine months of marriage counseling, often three days a week. It's a good way of making sure you really want to end your marriage—and, once you do, of learning how to break up. That was the first time during our relationship that I was able to say what I really thought. Before that, I tended to take on my husband's opinions as my own. But once I decided to leave, there was an inner revolution. I found myself asking, Why do I think that? Where'd I get that idea? It's not mine!

I think Michael was puzzled and disconcerted when I started to speak my mind. After all, in all our years together, I'd never stood up for myself. Suddenly, I'd turned into a volcano. He wondered, "Who is this new person? And why is she so angry?"

Slowly, in therapy, I learned to let go of the things I can't change. Lots of things happen that I can't do anything about, like some tabloid saying unflattering and untrue things about me; I've just made up my mind that I will not be upset. I wasn't always like this, though! My first instinct used to be to rush out and buy up all the copies I could find. But all your friends see the article anyway—and they send it to you! Now when something outrageous happens, my friends ask me, "Why aren't you mad? You should be!" But I don't want to feel any more frustration than I already have.

I've also learned that once you've made a decision to do something tough, you can't expect anyone to cheer you on. If you don't expect cheerleading, it's much easier to take criticism. And I try not to feel vengeful. That was always a big difference between Michael and me. He was always ready to sue anyone who crossed him. But I've never been one to brood. I will admit, though, that when you feel you've been treated unfairly, it's hard not to hold a grudge. But I'm trying very hard.

The toughest part of a difficult divorce is tempering your anger around your children. I want my girls to grow up with healthy attitudes toward men, dating and marriage. At the same time, I don't want them to feel obliged to accommodate everything, like I once did. I want them to love and respect their father, and I mean it when I say I want Michael to be happy and successful—so that he and I can help each other raise our children. It's hard enough to be a parent these days, *(continued)*



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Joan Lunden

continued

and we have a lot of parenting to do.

I can't protect our kids from feeling bad about what happened, but I can help them express themselves and learn that whatever they're feeling is normal and okay. I have to do this differently with each of them, because *they're* so different. Jamie, my oldest, tells me everything she thinks and feels. Jamie cheers me on, too; she wants me to do more on my own. Lindsay is like me in a different way; she doesn't want anyone to be unhappy—not me, and not her father either. So at first, she'd never say anything because she was afraid to express how hurt she felt. I ask her how she feels all the time now, and she's finally coming out of her shell. But when I ask Sarah, my baby, what she's thinking about, she says, "I think I'd like to stop the divorce and everybody live together again." Little ones have no concept of the future; all you can do is shower them with love.

Besides talking to my kids, I try to give them a normal routine. When they're spending the week with me [the children currently divide their time between Lunden and Krauss], my life revolves around them. I pick them up from school, and we always have dinner together. Then they pile into my room and finish their homework. I try to have everybody asleep by ten P.M., because I have to get up at four A.M. Before the divorce, I spent my vacations working on Michael's projects, but now I spend all my time off playing with the kids.

Nevertheless, it's not easy keeping everything sane. When you have a demanding job and three active children, handling the logistics is like fitting a jigsaw puzzle. When they pack on Sunday to spend the week at their father's, I make out a schedule showing their play dates and lessons and whatever else they have going on each day.

I don't think the divorce makes my daughters feel out of place—many of the kids at their school have divorced parents. But they *are* bothered by the tabloids. Their classmates either see the news or they hear their parents talking about it, and then they tease the girls. But Jamie, Lindsay and Sarah are very protective of me. Once we were in a restaurant and a waitress started to say, "Oh, I've watched you for years, and I've been following your divorce—" at which point Lindsay broke in and said, "Don't believe everything you read."

Meanwhile, I'm trying to get on with my life, too. I just took a big step: I went on a vacation by myself, to a spa. And next time, I'm inviting my mother-in-law! She's wonderful, and we still talk on the phone, but it's been too awkward for her to see me since Michael and I split up. I made the mistake once of asking her to talk to Michael, and that caused tension between us. So now when we talk, I never bring him up—I don't want her to feel disloyal to her son.

I haven't started dating yet, because I didn't leave my husband for someone else, I left for myself. Many women lose friends when they end a marriage, but mine have stuck by me. Still, you can't just go out with friends and couples—even though that's safe and comfortable. I need to try some uncomfortable things too. People see me as the woman on TV who always knows what to say, but I also get as nervous as anyone. I haven't dated in so long, I almost feel like a teenager. Except, I have a whole life that comes with me. I want to find someone with a strong sense of self, someone who's ready to be an equal partner.

I like the word "empowerment." That's what happens when a woman overcomes her fear of the unknown and declares her independence. Sometimes you reach a place in your life where you can do it, and once you do, you discover a new kind of power. But I'm also working on two other things: learning how to relax and how to play again. That's right—my new goal is to start having half as much fun as the tabloids *say* I am!

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Among the missing

continued from page 153

back." Minutes passed, then hours.

After nearly twenty-seven years of marriage, Linda knew it wasn't like her childhood sweetheart to wander off and worry her. "He was a very loving person, a good-natured guy always making jokes," says Linda, forty-seven. "He'd go out of his way to make other people happy."

Thinking Tom might have stopped at another machine, Linda searched the casino thoroughly, then had him paged. No answer. Frantic, she returned to their hotel room at nearby Bally's Park Place, but he had left no messages, and his car, clothes and checkbook were exactly where he'd left them. Bally security officers surmised that Tom would probably return when the casinos closed, at 4 A.M. For the next few hours, Linda waited and paced the floor. At five o'clock she called the police.

For Detective Greg Anderson, a ten-year veteran of the Atlantic City Police Department and the initial investigator on the case, a missing-persons report was not unusual. Every year, the casino/hotel investigations unit receives many such calls; usually, the individuals have lost their bearings in the hotel or become engrossed in a game. "In ninety-nine out of a hundred cases," Anderson observes, "the missing people turn up in a day or so."

But Tom Guenette was that hundredth person. When he failed to return the next day, the police sent out an all-points bulletin and began investigating hospitals, the morgue, the local airport and bus station. They searched the casino restrooms. Tom was supposed to have used, but found no evidence or witnesses. "The hotels are very well patrolled," Anderson says, "and there was nothing amiss."

In the meantime, Linda called her children, Scott and Tracy, and Tom's brother, Paul. Scott was working, but Tracy and Paul drove down from Massachusetts with photographs of Tom to be copied and distributed to the local papers and TV stations. They handed out flyers on the boardwalk, pleading for help. No one came forth.

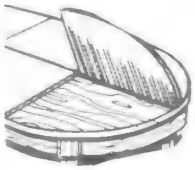
As the days turned to weeks, Anderson began to consider the possibility that Tom had deliberately vanished, but those closest to Tom don't buy that theory. "I find it strange that the National Guard sergeant-major would run off just two years before his retirement—and a full pension. Paul Guenette says, "Tom loved his job. We'd been talking about working together for years."

With so few facts and so many unanswered questions, Linda's life is in constant upheaval—emotionally and financially. Last June, the Army declared Tom AWOL, or Absent Without Leave, and cut off his salary and medical *(continued)*


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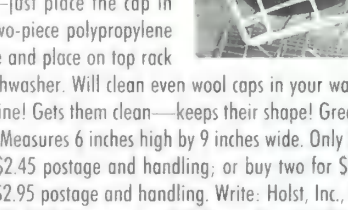




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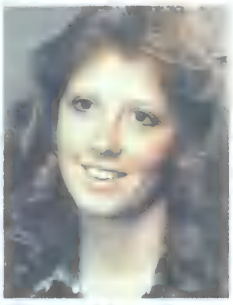
mong the missing

ntinued

nefits. Linda obtained a legal separation st December so she can sell a second me they jointly own.

And while the Guenette case remains en in Atlantic City, Linda says, 'hey've told me the only way they'll d him is if he falls into the police sta- n. They don't have the manpower to k for him." (Another detective, howev- says, "We are actively working on this e. We're not going to sign off until we ve a conclusion.") Unable to afford a vate detective, Linda can only fear the rst has happened to the man who udly bore the tattoo "True Love Lin" his right arm, and whose favorite TV ow was *Unsolved Mysteries*. "On my d days, I keep telling myself that Tom going to come home," she says. "On the l days, I cry, because a part of me feels t he is dead."

Linda gulps as the tears begin stream- g down. "The dest part is not owing what re- y happened."





Diane Vaughn and Tom Guenette: Runaways or murder victims?

e missing om

ke Tom enette, Diane ughn appeared e a happy per- with no rea- to run away. ke Tom, her appearance last year was mysterious, l as yet unsolved. But though the po- have no body and little evidence, they e reason to believe that Diane was rdered. "We just don't have the evi- ce to indicate one person above anoth- concedes Detective Jim Fuqua, who andling the case for the Nashville po- department.

Diane, a petite redhead from rural White House, Tennessee, married her boyfriend, Bruce Vaughn, in 1984, when she was twenty. A warehouse forklift mechanic, Bruce used his spare time to work on the cars he loved to race on weekends. Diane became a customer-service manager for a Food Lion grocery store.

But in 1990, after their daughter, Tiffany, was born, Diane began to yearn for a more traditional family life. She stopped going to the races and complained about the time and money Bruce spent on his hobby. She found a soul mate in another manager at Food Lion, a married man who listened to her concerns over lunches. There was nothing sexual going on, she told confidants; still, it soon became apparent that Diane and Bruce were drifting apart. Last May, Diane announced she wanted a divorce.

By most accounts, the Vaughns' separation was amicable; they agreed on joint custody and child support. "There wasn't any arguing," says Bruce, now thirty. "She wasn't happy and said she needed some time and space, so we separated." Diane found an apartment for herself and Tiffany in nearby Hendersonville. "She seemed happy that she was getting her life together and starting over," says her aunt, Kathy Matthews.

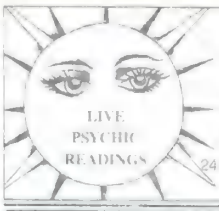
Yet here the mystery began. On Thursday, June 18, she went from work to pick up her daughter, who had eaten dinner with Bruce at his trailer. But Tiffany had fallen asleep, and neither parent wanted to disturb her. According to Bruce, Diane stayed for fifteen minutes and left around nine-thirty, saying she intended to get gas, have a bite to eat and go *(continued)*

elp solve the mysteries

press time, neither Tom nor Diane had been found, and their families are still ious for answers. As in the past, we are providing identifying information on se missing persons in the hope that it will lead to a discovery.

homas (Tom) Guenette was last seen in Merv Griffin's Resorts Casino Ho- in Atlantic City, on May 27, 1992. He is fifty years old, five feet six inches and weighs 160 pounds. He has brown hair, blue eyes, a thick mustache l a tattoo on both arms: The one on his left arm reads "Tom," and the one his right says "True Love Lin." If you have any information on his where- uts, contact the Massachusetts State Police at 508-820-2623 or the At- ic City Police Department at 609-347-5771.

lizabeth Diane Vaughn was last seen on Thursday, June 18, 1992, in the on of White House, Tennessee. She is twenty-nine years old, five feet three es tall and weighs 120 pounds. Diane has long, curly red hair, hazel eyes l freckles. To report any information, please contact the metropolitan shville police at 615-862-8600.



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...t was the last time anyone in her ... account for her whereabouts.

...n Diane didn't return for Tiffany ... morning, no one seemed overly ...cerned. Bruce thought she wanted ... time alone; her mother, Mary Jo ...land, assumed she was with friends. It ...n't until one A.M. that Diane's cousin, ...ttie Gann, and her brother, Mike Williams, filed a missing-person report.

"At first, we figured she'd taken off for a week to clear her head about the divorce," says Detective Fuqua, an eight-year veteran of the force. But the next morning, Dottie and her husband, a private investigator, discovered Diane's 1991 Ford Tempo in the parking lot of O'Charley's, a popular restaurant near the Rivergate Mall, in Goodlettsville. The police could find no fingerprints in the car—as if they had been wiped away by someone with something to hide.

The search for Diane now began in earnest. Two eyewitnesses at O'Charley's placed her in the restaurant bar at about eleven P.M., alone but talking to other patrons. Diane's family handed out flyers throughout the area, prompting several reports of possible sightings.

According to newspaper accounts, police at first considered Bruce the prime suspect. They noted he had a quick temper and was unhappy about the pending divorce. He also took a lie-detector test on two separate occasions and showed signs of deception each time.

Fuqua, however, points out that Bruce's emotional distress may have influenced the polygraph. Most important, Diane's closest relatives seem to believe Bruce is innocent.

Fuqua sought others who might have had reason to hurt the young woman. Police investigated the Food Lion co-worker and his wife and gave them a polygraph test; when they passed, they were crossed off the list of suspects. Others mulled over the theory that Diane might have been injured or killed by a stranger.

And the police refused to rule out the possibility that she had run away to sort out her life. Friends recalled that she had expressed misgivings about the divorce—her family was against the split—and uncertainty about her friendship with a married man.

Still, there were no signs that she intended to stay away for any length of time. None of her credit cards or checks have since been used. Further, no one can believe that Diane would voluntarily leave her daughter. "She loved Tiffany more than anything on earth," says her best friend, Susie Draper.

As the one-year anniversary of her disappearance approaches, Diane's friends and family are carrying on the search with determination, distributing thousands of flyers from Tennessee to Florida. The police, meanwhile, say that Diane is most likely dead—killed by a friend or a stranger—and her body hidden. Fuqua pauses as he ticks off the possibilities, a weariness creeping into his voice. "The only thing we're sure of," he says, "is that she's gone."

But of all those bewildered by Diane's disappearance, little Tiffany is perhaps having the hardest time coping. His eyes welling with tears, Bruce says he does his best to answer her questions. "I used to say, 'Mommy's at work, and she'll be home soon,' because I thought she would," he says. "Now I can only tell her, 'Mommy's missing. And we've got to find her.'" ■

Michael J. Weiss, a Washington, D.C.–based writer, is a contributing editor of Ladies' Home Journal.

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Thanks for the MEMORIES











Two of TV's best-known locations—the Boston bar where everybody knows your name, and the California cul-de-sac where everybody has a scandal to hide—will vanish from the landscape this month: *Cheers* (eleven seasons) and *Knots Landing* (fourteen seasons) are airing their final episodes. No more of Norm's one-liners, Cliff's useless trivia or Carla's sharp tongue—and no more Sam and Rebecca. Their story will close in a one-hour farewell. Good-bye as well to the crew that brought thrilling plot twists, deception, murder and glitzy affairs to our living rooms every week. Watch this month's two-hour finale: Will Tom save Paige and Greg from a fiery death? More important: Will Thursday nights ever be fun again?











A LAST TOAST TO CHEERS

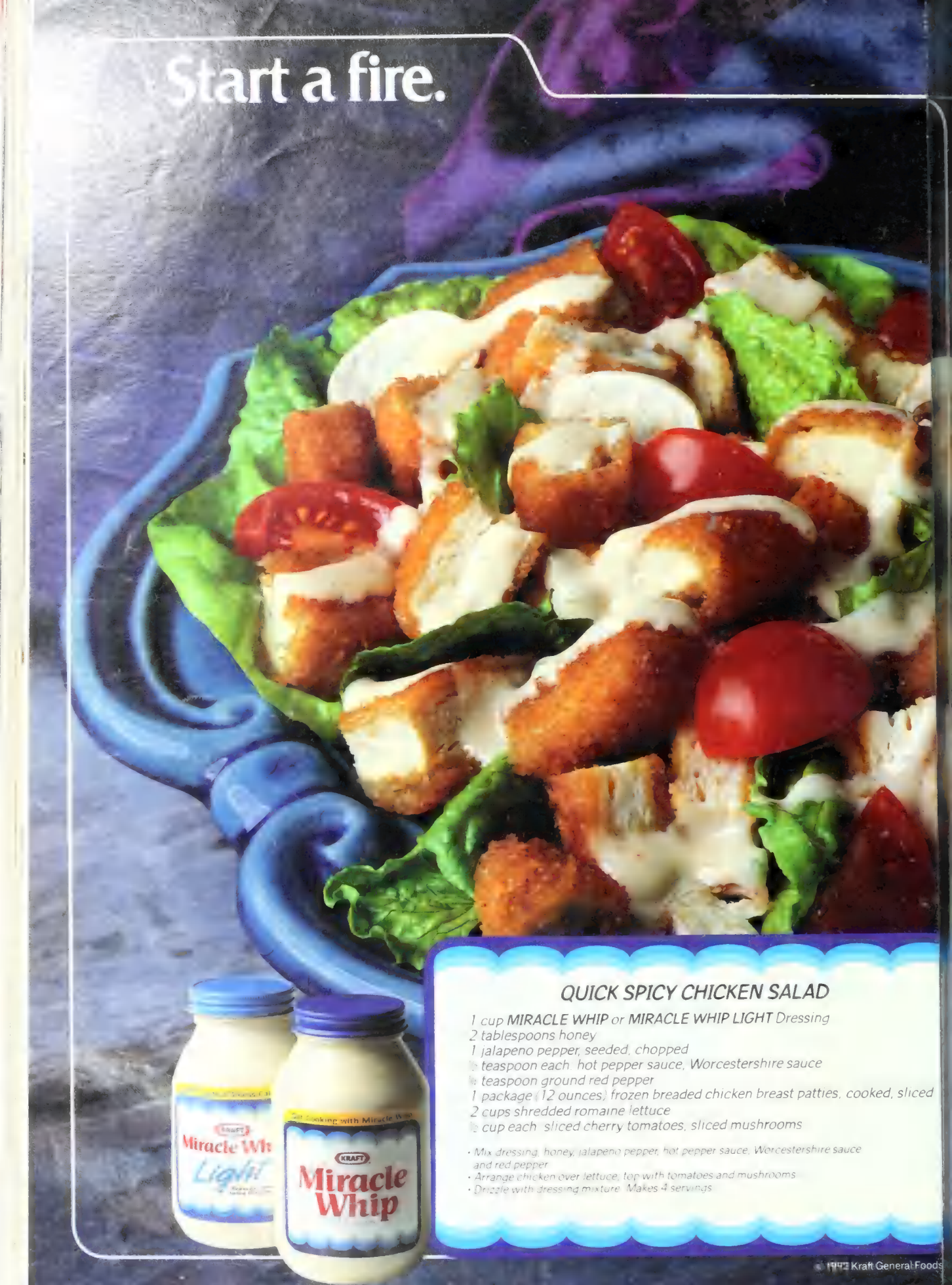
Premiered: September 30, 1982
Number of episodes: 272
Number of Emmys to date: 26 (tied with *Hill Street Blues* for second-highest number of Emmys—*The Mary Tyler Moore Show* is number one)
Number of Emmy nominations: 109 (most in TV history, beating ever *M*A*S*H*)
Famous guest stars: Admiral William Crowe (then chairman of the Joint Chiefs of Staff), Boston Mayor Raymond Flynn, Gary Hart (then Colorado senator), former Speaker of the House Tip O'Neill
Dimensions of Cheers's bar: 17 feet by 13 feet (half of which is on wheels for scene changes)

TYING UP KNOTS

Premiered: December 27, 1979
Number of episodes: 344 (third longest-running dramatic television series, following *Gunsmoke*, 406, and *Dallas*, 356)
Famous guest stars and past cast members: Karen Allen, Alec Baldwin, Halle Berry, Red Buttons, Ava Gardner, Julie Harris, Lisa Hartman, Donna Mills, Joan Van Ark, Michael York
Only cast member to appear in every episode: Michele Lee (Karen)

Photos: top five, Paramount Pictures Corp.; bottom left, Matthew Rolston; all others, Lorimar

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1 cup **MIRACLE WHIP** *or* **MIRACLE WHIP LIGHT** *Dressing*
2 tablespoons honey
1 jalapeno pepper, seeded, chopped
½ teaspoon each: hot pepper sauce, Worcestershire sauce
¼ teaspoon ground red pepper
1 package (12 ounces) frozen breaded chicken breast patties, cooked, sliced
2 cups shredded romaine lettuce
½ cup each: sliced cherry tomatoes, sliced mushrooms

- *Mix dressing, honey, jalapeno pepper, hot pepper sauce, Worcestershire sauce and red pepper.*
- *Arrange chicken over lettuce; top with tomatoes and mushrooms.*
- *Drizzle with dressing mixture. Makes 4 servings.*

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COOL LEMON CHICKEN SALAD

½ cup **MIRACLE WHIP** or **MIRACLE WHIP LIGHT** Dressing
2 tablespoons chopped fresh basil leaves or 2 teaspoons dried basil leaves
1 tablespoon lemon juice
1 teaspoon grated lemon peel
2 cups chopped cooked chicken or turkey
1 cup halved red or green grapes
½ cup halved Chinese pea pods
½ cup thinly sliced red onion
Lettuce leaves

- Mix dressing, basil, juice and peel in large bowl.
- Add remaining ingredients; mix lightly. Refrigerate.
- Serve on lettuce-lined platter. Makes 4 servings.


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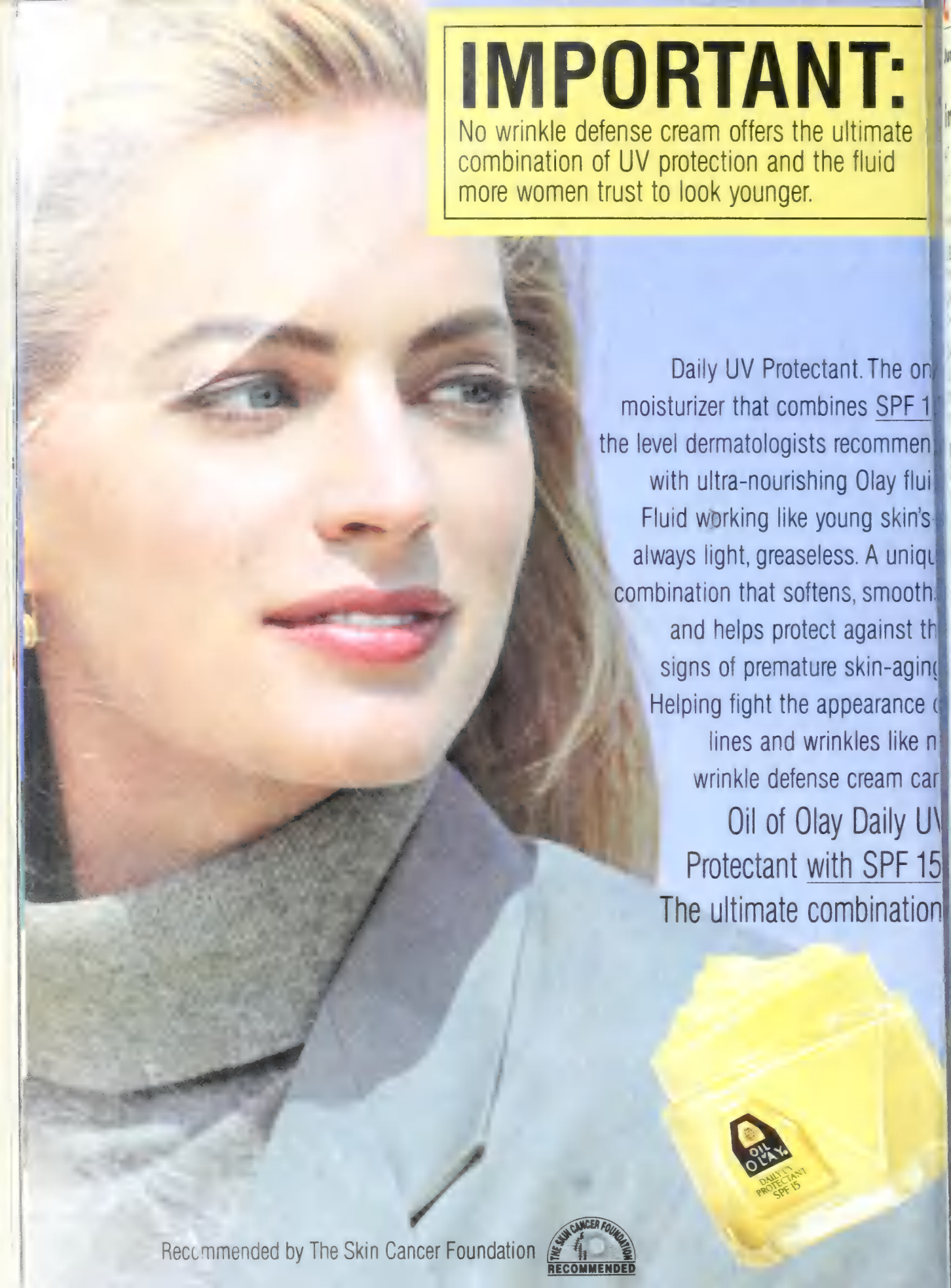




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BACKYARD BOUNTY
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Cover: Jane Seymour photographed for the Journal by Jonathan Exley/Gamma-Liaison. Hair, Karen Fave; clothing, Lina Lee, Beverly Hills; boots, Mark Fox, LA; jewelry, Wright's Manhattan Beach. Insets: Jackson, James Smeal/ Ron Galella, Allen, Joseph Herrea/Sygma; Danson, Firooz Zahedi/ Onyx; Goldberg, Dana Fineman/Sygma. Photos, this page, from top: Rita Maas; Geoffrey Gross.


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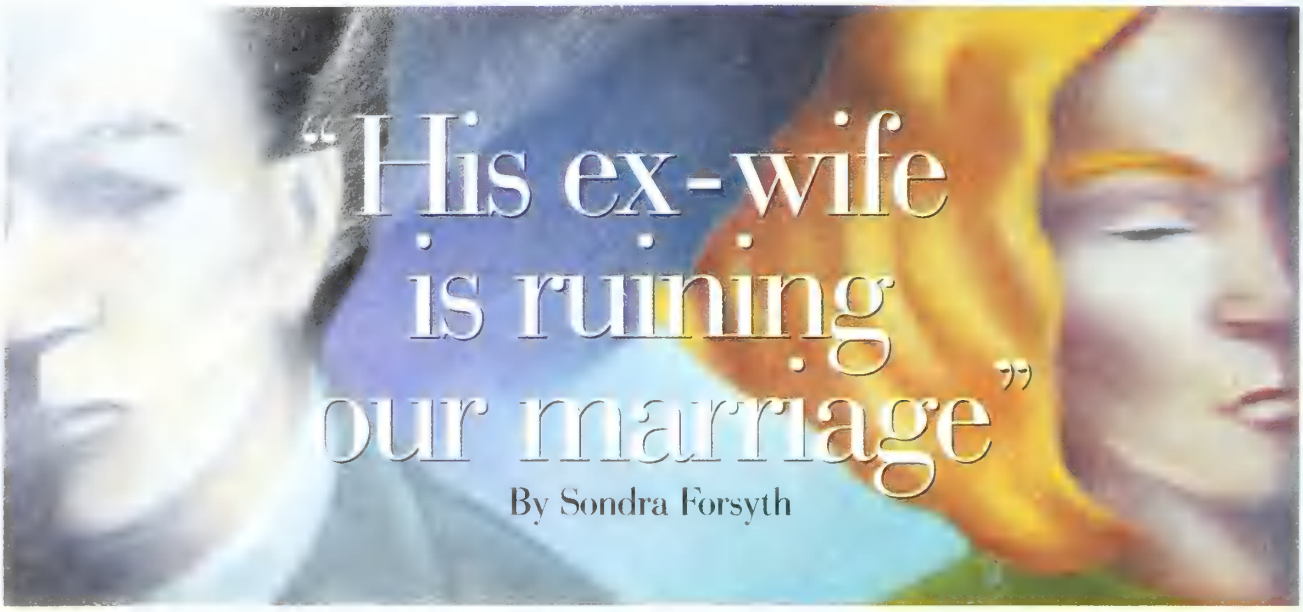
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"His ex-wife is ruining our marriage"

By Sondra Forsyth

DEVON'S TURN "If my husband really loves me, why doesn't he tell his ex-wife to leave us alone? She's destroying our family," sobbed Devon, a ruddy-cheeked thirty-five-year-old with more than a trace of an accent left from her British girlhood. "I can't believe I'm crying like this. I'm sorry. This is so unusual for me. I never break down, not even during major tragedies. I mean, my little sister Amy died of spinal meningitis when she was four and I was seven, and I kept my composure even then.

"You know, I haven't thought about that for years, but now I realize how much my stepdaughter Cassie reminds me of Amy. Amy was the sweetest child ever born. Never contrary, not even when she should have been a terrible two. We always had a wonderful time together.

"It's eerie, actually, how much Cassie looks and behaves like Amy, though I must admit, Cassie hasn't been herself lately. She's nine now, and her mother is really trying to turn her against me. This woman— her name is Ronnie—is seriously disturbed and an alcoholic, but she does have joint custody of Cassie with Luke, my husband. Cassie goes to visit Ronnie every weekend and some holidays. Those visits are traumatic for all of us. Ronnie gets hysterical about minutiae, like Cassie's clothes or the way she wears her hair. Cassie can wear the usual jeans and a T-shirt one time, and we hear nothing, and then the next week it's a huge issue, with Ronnie throwing a tantrum right in front of the poor child. She's totally unpredictable. My heart breaks; how could it not affect her?

"Still, it pains me to see Cassie changing and becoming sharp-tongued and cantankerous. When I first met her she was three. Luke was trying to teach her to ice-skate. Afterward, we all went for hot chocolate, and I remember thinking, This is the man I will marry. Seriously, I was already thirty, and I knew what I wanted. Luke was soft-spoken, earnest and obviously a wonderful father. I sensed without even asking that he was religious, and, sure enough, he's a minister.

"Actually he's not the type I thought I was going to fall for when I came to America. I went to the university in England, and every year, there was a group of exchange students from Boulder. I was fascinated by this crowd of vivacious, outgoing people in their down jackets and hiking boots, and I was determined to go to Colorado after graduation to see if everyone was like that. When I got to Denver, I took a job in an organic-food store—I've worked up to manager—and I did meet a lot of lively people. But in the end, it was this quiet, good-hearted man with the soul of a poet who won my heart. He had grown up in Ohio with what I've learned are Midwestern values, and he's never changed. I felt blessed. I never thought I would ever get so lucky. *(continued)*

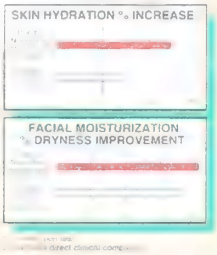
THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF SUSAN HEITLER, PH.D., A CLINICAL PSYCHOLOGIST IN PRIVATE PRACTICE AT THE ROSE MEDICAL CENTER, IN DENVER, COLORADO, AND THE AUTHOR OF *FROM CONFLICT TO RESOLUTION* (W.W. NORTON, 1990) AND *WORKING WITH COUPLES IN CONFLICT* (AUDIOTAPE, W.W. NORTON, 1992). THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

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"The first several years of our marriage were wonderful. Fairly quickly, we had a child of our own, Geoffrey, who's now four, and so we were the perfect little family. At the beginning, Ronnie hardly ever exercised her visitation rights, and Cassie was with us much of the time, which was fine with me. I adored her. And I loved being the minister's wife. I enjoyed working with all the women in the parish, getting involved in community affairs. My work there really gives me great pleasure.

"Then, when Cassie was about seven, Ronnie started intruding more and more. I imagine she had felt unable to cope with a baby, but once Cassie reached the age of reason, she wanted her back. So she'd appear unannounced on our doorstep, demanding to take the child with her for the weekend and then failing to bring her back in time for school the following Monday.

"Around the same time, Ronnie stopped sending her support checks. You see, she has a great deal of family money, and in fact, she lives once again with her parents. The courts decreed that she had to pay fifty percent of Cassie's extracurricular education—music lessons, things like that—as well as for summer camp. Goodness knows, on a minister's salary we're hard-pressed to give two kids everything they need, particularly since I was working only part-time until Geoffrey was three.

"But frankly, I'd forget about the money if we could just get her to leave us alone. She is like a tornado ripping through our family. And the language she uses in front of the children! I'm at a loss as to what to say.

"What infuriates me most, though, is that Luke refuses to stand up to her. Ronnie will call at any hour of the day or night to rant and rave, and Luke lets her go on and on. Why can't he just hang up? Who is she that she has the power to wedge herself between my husband and me? What he ever saw in such a person and why he stayed with her for seven years is beyond me. And he still coddles her and lets her get away with impossible behavior, mostly at my expense. I've had just about all I can take.

"I have a perfect right to be angry with Luke, especially since he is now taking Cassie's side and not mine whenever there's something between us. When she forgets to do one of her chores and I reprimand her, he'll say—right in front of her—that I was too harsh. This completely undermines my authority, and since I'm not even her real mother, I've got little enough clout as it is. Of course, she's learned to play this to the hilt, saying, 'If you really loved me, you wouldn't make me do such and such.' Or she'll threaten to go and live with her mother. I try so hard, and this is the thanks I get? I feel like the wicked stepmother much of the time. But I just don't know how to handle her.

"I'll be honest. I'm drained. I feel as though no one is there for me anymore. I try to talk to my husband about this, and he walks out of the room. I'm exhausted. I work, I'm trying to bring up two children, trying to maintain my position as the minister's wife, and it seems as though everyone around me is berating me for one thing or another. I can't take it. Even Geoffrey is starting to talk disrespectfully, since he hears everyone else talk to me that way.

"I love Luke, and the last thing I want is a divorce, but I'm having a hard time right now. In England, people don't go for marriage counseling, but I simply can't cope anymore."

"I know my ex-wife is impossible," said Luke, "but I would feel terribly responsible if anything happened to her."

LUKE'S TURN "Devon is wonderful, but she has a blind spot when it comes to my ex-wife," said Luke, a tall, bespectacled man who chose his words carefully. "Granted, Ronnie is difficult, but I still feel I have to help her. Maybe I even married her so I could help her. My mother always used to say that compassion was both my vice and my virtue. She probably has a point. I do feel a deep need to reach out to people in need, but sometimes nothing you do really helps. Ronnie is bright and pretty and has the potential to be a wonderful person. But she resists therapy, she won't attend Alcoholics Anonymous, and she won't work. Thank goodness her family is well off enough to support her. She'd be on the streets, I imagine, if she had to fend for herself. I can't just write her out of my life and forget her.

"In any case, I divorced her when Cassie was two. As you can imagine, this was not easy, but I believed it was in Cassie's best interest. It certainly wasn't a healthy environment in which to raise a child.

"Being a single father wasn't easy, but Cassie was always a delightful child, and we managed with day care and babysitters. Then one afternoon, I met Devon at the skating rink. I was captivated by this bubbly, witty Englishwoman. I was also pleased to see how well she got along with Cassie. To make a long story short, we were married six months later with Cassie as the flower girl. My whole family flew in from Ohio, and they all loved Devon.

"Before our second anniversary, Devon had a son of our own. Cassie experienced a bit of sibling rivalry, but basically, she loved the idea of having a baby brother. Ronnie really wasn't in the picture very much then. She has joint custody, but only asked to see Cassie now and then. Our lives ran fairly smoothly.

"Then two years ago, Ronnie decided she wanted to see more of Cassie. Cassie seemed fine about it all, since her mother gave her presents and took her out to eat and never made her do any chores or finish her homework. What child wouldn't be happy? I think she actually looked forward to the days when she wasn't with someone who was always making her mind her p's and q's. Though I could see that this irritated Devon, what was I supposed to do? Ronnie is her natural mother. I can't keep them apart.

"I know the woman is impossible, but I would feel responsible if anything happened to Ronnie.

"The problem is, Devon really resents my having anything to do with Ronnie and she's taken to shouting at me, demanding that I take a stand and keep my ex at arm's length. So now I have two women yelling at me, and I can't think straight. I've even gotten confrontational myself, in self-defense, and I hear myself criticizing Devon in front of the children. In fact, I'm amazed at some of the things I say. I know that's wrong, but I get so flustered, it just comes out. It's hard to get a word in edgewise with Devon, though. She never gives me a chance to speak. Sometimes I wonder if she even hears me.

"Look, I think that Devon and I are very right for each other. But we've gotten into a bizarre pattern of behavior that we can't break. I fervently hope you have some suggestions. I truly love my wife and *(continued on page 24)*



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this marriage be saved?

20

marriage to end."

THE COUNSELOR'S TURN "These articulate people were clearly in not want a divorce," said the counselor. "Their problems weren't intrinsic to their relationship, but were precipitated by an external maelstrom: Luke's emotionally disturbed ex-wife. Even so, I could see immediately that Luke and Devon had two completely different communication styles, and I realized that while this was not a problem during "peace time," it could in fact become a serious issue when they were in conflict.

"My first goal was to instruct them on how to speak and listen effectively to one another. That way, we would all be able to talk intelligently about the Ronnie situation.

"I explained to Luke and Devon what I had observed about the way they communicate: Luke speaks slowly and thoughtfully, pausing to find just the right word, while Devon is glib and tends to speak at an impressive clip. When they talk to each other, she jumps in to fill the pauses in his sentences, supplying the word she thinks he's looking for. Usually, she's close, but not always on target. Nevertheless, this habit annoys Luke, and it was time she learned to change.

"To help them better understand what I was talking about, I asked them to tape-record one of their discussions at home. In the beginning, I suggested they start off discussing a nonvolatile issue. The following conversation is about the menu for an upcoming dinner party:

Luke: *Not everybody on the guest list is into organic foods. Maybe we should have. . . .*

Devon: *Two menus. We could do couscous and vegetables and also have a heartier dish, something with meat.*

Luke: *Well, yes. That's not a bad idea. But I was thinking we could have. . . .*

Devon: *A buffet. That way everyone could pick what suits them. Good idea.*

Luke: *Yes, well, no. I mean, that is a good idea. But I was going to suggest one menu with . . . oh, never mind. Whatever you want.*

Devon: *Look, it's your party, too. I want you to have a say in this. Luke? Luke, don't leave. Fine. Okay. Fine.*

"I asked them to bring the tape with them to their next session, and when we played it back, they both burst out laughing. Although recognizing a pattern is a first step in understanding it, simple recognition isn't always enough to break the pattern. I had them tape a series of conversations in my office to see if they could begin to catch themselves before the conversation became confrontational or escalated into a heated argument. I instructed Luke to try to speak more quickly and not worry about every phrasing. And I told Devon to take a deep breath before she gave in to her desire to complete her husband's sentences.

"Once they were able to alter the way they conversed, I directed the conversation toward some of the areas of conflict. First, I had a session alone with Devon, in which I asked her to think of Ronnie as a dust devil, which is a Colorado sandstorm. In this arid climate, dust devils seem to come from nowhere. You can be standing at a bus stop on a bright, clear day, when all of a sudden the sky is dark and the sand is swirling around you. But if you keep your mouth and eyes shut, the sand won't hurt you. Within minutes, the dust devil will have been spent, and the sun will again shine.

"Devon loved this metaphor. At our next session, she reported that she had been able to withstand a typical Ronnie scene, simply by keeping her mouth and eyes shut and not jumping into the fray. 'She is basically harmless and temporary, if I don't make things worse,' admitted Devon. She also reported that for the first time, she had had a sense that even Cassie thought her mother's reaction was out of line. 'Later that evening, Cassie actually came and asked me what I thought about an English assignment she'd written,' Devon said. 'She'd never done that before.'

"As Devon told me the story, the subject of her sister Amy surfaced and and we were able to relate the loss Amy to the loss, years later, of the girl Cassie had been when Devon started mothering her. This was painful reminder of a childhood that Devon had never fully worked through, largely because of her family's extremely reserved emotional style. Once she was able to discuss this openly, Devon was also able to accept Cassie's child who was torn by the divorce of parents. I also pointed out that it was perfectly normal for nine-year-old girls on the verge of adolescence, to have mini outbursts, especially with the mother or a mother figure. 'She is probably dealing with her own feelings of separation and growing up,' I told Devon and Luke. 'She has to rebel against you in order to figure out who she is. Try to pick your battles.'

"I also saw Luke for several sessions alone, during which I helped him confront the fact that his upbringing as well as his personal convictions and his calling as a minister were causing him to invest too much in his relationship with his ex-wife. He concede that he needed to let go of Ronnie, and to give himself fully to his child and his new wife. I also told him that he had to take a stronger role in disciplining Cassie, since Devon, as a step-parent, was often in a difficult position. He agreed.

"In time, Luke was ready to set guidelines for Ronnie: She had to give advance notice if she wanted to arrange unscheduled time to see Cassie; she was not to call after nine P.M. nor prior to eight A.M.; and she was to send child support checks or risk being taken back to court.

"Interestingly, Ronnie was very easily cowed, and seemed only to need to hear the rules laid down before she began to behave somewhat more reasonably.

"Devon was thrilled that Luke had finally taken a stand, and that their life had returned to a much more peaceful state—though Cassie is obviously going to have a turbulent adolescence. Still, both Devon and Luke realize that this could have been the case regardless of the family constellation, and at least they are now able to talk about the situation constructively."

SKILL BUILDERS
Pace your conversations

There's an old chestnut about husbands not being able to get a word in edgewise when their wives are speaking, and it's based on a grain of truth. Women typically talk more often, more easily and at greater length than men do—and Devon and Luke are a case in point.

Do you and your partner fit the stereotype, too? Here's how the two of you can get control of your communication. If a particular issue has been bothering you, jot down the points you want to make before you bring up the subject. At an appropriate time—not when you're both stressed out or about to fall asleep—state your case as concisely as possible. Then, take a deep breath and wait a few minutes to allow your husband to think about what you've just said. You may be surprised to find that he has some valid points to make that you had never thought of and that he might never have voiced if you had not paused to give him a chance to speak up.

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"I'm living with a MIRACLE"



By Christa Uchytil, with Kathryn Casey

Editor's note: Christa Uchytil, a twenty-four-year-old woman from Rapid City, South Dakota, was born without a uterus. Nonetheless, on October 12, 1991, she became the mother of twins—thanks to her own mother. Arlette Schweitzer, now forty-four, acted as surrogate for her daughter, thus becoming the first American woman to give birth to her own grandchildren. Their unique story was the subject of a CBS movie last month starring Ann Jillian and Tracey Gold. In February 1992, Ladies' Home Journal presented Arlette's exclusive story; now, for the first time, Christa talks about her life today as the mother of the children she once feared she could never have.

I was told I could never bear children. So my mother gave me the greatest gift of all

Last winter, my husband, Kevin, and I took a business trip to Puerto Vallarta, Mexico. At dinner one night, I struck up a conversation with the wife of one of Kevin's colleagues. We began talking about the great weather, restaurants and eventually—as mothers are so often prone to do—our children.

I rifled through my wallet and pulled out photographs of our then–fifteen-month-old twins, Chad and Chelsea. "What was it like to give birth to twins?" the woman asked.

"Well, I don't know," I said. "I didn't carry them—my mother did."

My new friend seemed taken aback for just the briefest moment, and then ventured, "*You're* the one. The one in the newspapers." I smiled and nodded.

You know how women compare labor pains like men recount battle stories? Well, when I talk to other women about what it's like to have children, I have both more and less to add to the conversation. In a very real sense, my children were a family project. Since I can't bear children myself, my mother was my surrogate, carrying embryos that had been created from my eggs and Kevin's sperm. It may sound strange, but for us, it was all very natural.

Women sometimes ask if I ever regret not being able to experience pregnancy. It would have been nice to carry and give birth to my own children, but, no, I have no regrets. When I watch our twins playing or sleeping in their cribs, it seems unimportant. What *is* important is that they're here and they're healthy. I can't honestly say I feel I've missed out on anything.

I've known since I was fifteen that I could never actually give birth. My mom, realizing I hadn't begun to menstruate yet, took me to see our pediatrician. It was then we discovered I had Rokitansky-Kuster-Hauser syndrome. Women with this rare abnormality have birth defects ranging from cone-shaped kidneys to missing reproductive organs or vaginas. Mine was a fairly minor case: My uterus was missing—so I would never have a period—and my vagina was somewhat small, but not small enough to require corrective surgery.

What the *(continued on page 30)*

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continued from page 26

doctor had told me left me confused and frightened, but like a typical teenager, I didn't want to embarrass myself by crying. Later on, alone in bed, I did cry. Not just because I was different from everyone else, but because more than anything, I wanted to be a mother. From childhood on, whenever friends and relatives asked me, "What do you want to be when you grow up?" I'd always answer, "A mom."

In the years that followed, my parents were so encouraging—especially my mother. We've always been particularly close, and she has this incredible knack for making things seem all right. I have to smile when I remember how she kept assuring me that medical science would surely have an answer by the time I was ready to start a family. How ironic that she would be part of my solution.

Though the surrogacy idea now seems pretty logical, it was almost unheard of in 1986 when my parents, wanting confirmation that I was in good health, took me to see Dr. Steven Ory at the Mayo Clinic, in Minnesota, for a second opinion. If we hadn't met him, I might not have my babies today.

In the doctor's office that day, my mother joked, "Since I don't need my uterus anymore, Christa can have it." We all laughed. Then Dr. Ory smiled and asked her, "How old are you?" When Mom said, "Thirty-seven," a light went on for all of us. We'd read in the paper that the number of surrogate mothers worldwide was growing. While Mom couldn't give me her uterus, she *might* be able to carry my children.

That hope sustained me for two years, as I graduated from school and began working for my father, a salesman for Keebler products. Then in 1988, I met the love of my life: Kevin Uchytil, the assistant manager in one of the grocery stores we serviced. He was shy and quiet, a divorced dad whose five-year-old son, Justin, lived with his mother.

When our relationship became serious, I felt Kevin needed to know everything about my condition and the agreement my mother and I had made. One night as we sat watching TV, I turned to him and blurted out the whole story. When I was done, I realized that though Kevin was trying to be kind, he didn't really seem to understand. I was disappointed. A few weeks later, however, he asked me to explain it again; he was beginning to believe this odd idea was possible.

Kevin and I married in August 1989, and the following May, we decided we were ready to begin our family. The next seventeen months were filled both with despair and giddy highs. There are so many things I'll never forget: memories like the bitter disappointment I felt when the Mayo Clinic attorneys vetoed Dr. Ory's request for permission to impregnate my mother with our embryos. (The doctor did, however, refer us to Dr. William Phipps, then of the University of Minnesota, who proved to be our hero.) Or the quizzical look on the bank loan officer's face when we explained exactly why we needed a $60[illegible] loan to pay for medical expenses. (We got the money.)

Once Dr. Phipps told us he would use the surrogacy method, our lives seemed to revolve around medical procedures. For six weeks, I injected myself with hormones to stimulate my ovaries to produce eggs, while Mom took the drug Lupron to shut hers down. Then there was the agony of having my vaginal ovaries punctured with a hollow needle to retrieve my mature eggs. (Mom told me, "Don't let anybody tell you that you didn't go through labor, because you did. This is your labor.")

Forty-eight hours later, it was my turn to hold Mom's hand as four of our embryos were inserted into her womb. Dr. Phipps told us there was a possibility of multiple birth. "How do you feel about that?" he asked. I said, "That's fine with me; I don't have to carry them." Mom said, "That's fine with me; I don't have to raise them." We all laughed.

The next ten days were absolute torture, as we waited to find out whether any of the embryos would survive. We had only a 40 percent chance of conceiving on the first try. I worried a lot—so much so that I questioned whether I was willing to put Mom through all this again if we didn't succeed this time.

But mostly I remember the good times: the joyful, tearful phone call from Mom that began with, "You're pregnant!" That first ultrasound, when I saw not one, but *two* little hearts beating. The first time I put my hands on top of Mom's bulging abdomen and felt the children moving inside her.

We told Justin about his half-siblings from the beginning. Kevin explained that since I couldn't carry babies, my mother was going to do it for us. He seemed to understand and accept the news.

It wasn't long before word of our story hit the newspapers and TV, and we started getting requests for interviews. At first, it was kind of exciting, but the lack of privacy quickly became a pain.

Some people viewed our actions as controversial. Though Kevin wasn't bothered by it, I was hurt when I read articles quoting ethicists and experts who questioned the wisdom of our choice. I told Kevin, "They wouldn't write such things if they knew us." I was working as a teacher's aide at a school *(continued)*


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...ur gruelling teens at the time, and one doctor even asked me what I would do if Mom decided to keep our babies and raise them herself. I assured him that wouldn't happen.

But most of all, I remember October 12, 1991, the day our twins were born. As the doctors performed the caesarean section on my mother, I wished so much that I could be the one enduring the pain. But she never complained. She even consoled me when Kevin wasn't able to reach the hospital in time to see the births. Brushing the tears from my face, she said, "Christa, don't let anything spoil this for you."

Moments later, as my father videotaped the arrival, Chad was born. Chelsea, the first granddaughter on either side of the family, arrived almost immediately afterward. Overcome with emotion, I laid my head on my mother's chest and sobbed, "I love you." Smiling, she replied, "I love you, too." Then Mom ordered me to go to my children.

When Kevin arrived, I felt I might actually burst with love and happiness as we held our tiny, perfect babies. It wasn't hard deciding what to name them. Chad was named for my younger brother, who had died in infancy when I was three, and his middle name is Daniel, for my father. Chelsea's middle name, Arlette, was chosen in honor of the woman who had made our miracle possible.

Thirteen days later, Kevin and I brought our children home. Suddenly, we were a family. The four-bedroom house we had recently bought was ready with a blue-and-white nursery, decorated with cuddly bunnies. The backyard boasted a swing set and sandbox—gifts from their grandma and grandpa—and an elm tree perfect for climbing. My brother and his family were waiting to greet us, and they hung a big banner that read: "Congratulations! Welcome, Chad and Chelsea."

The twins had been a month premature, and this put them at risk for breathing problems. From the day we brought them home, they had to be attached to monitors at bedtime and nap time. An alarm would sound every time their breathing or heart rate slowed, and we'd frantically run into the nursery. Happily, neither twin ever had a true health emergency, and six months later, we took them off the monitors for good.

We've spent the past year enjoying all the major milestones. Chelsea rolled over and crawled before her brother did, but Chad was the first one to walk. Chad's a get-into-everything boy who loves to climb on things and rummage through drawers. Chelsea's the little lady—neat, dainty and independent—but when Chad gets into mischief, she'll be right there, cheering him on or joining in. I love to watch them playing together and kissing each other.

The whole family was here for their first birthday. My dad fed them ice cream, and Mom helped unwrap their gifts. Our nicknames for them are "Chad Crockett" and "Baby Duck," so their cake was decorated with a little duck and a baby bear.

Being a mom is absolutely everything I had hoped it would be. When the twins were born, I left work so that I could savor every moment with them. We have our time together after breakfast, and then they'll go play by themselves while I clean house and fix lunch. Because he lives far from us, Justin visits only a few times a year, but he loves seeing the babies and playing ball with them.

I wish I could always stay home with the twins, but I'll probably have to go back to work in another year. I'm already dreading it. It's going to be tough leaving them, though I am glad that my sister-in-law has agreed to care for them.

No matter how busy things get, I never forget that I've been incredibly fortunate. Since our story went public, I've heard from many women who also have Rokitansky's. Two wrote to explain that they were born without vaginas and had to undergo surgeries in which doctors constructed the genitals from skin grafts. I always write back, offering sympathy and understanding. Someday, I'd like to start a support group for people with our unusual condition.

I hear, too, from women who are infertile, and from a few families considering the surrogacy option. One man, whose fifty-three-year-old mother was a surrogate for him and his wife, called my mom soon after the birth to share his excitement. It seems our story has sent waves of hope around the world.

Will Kevin and I do this again? I don't think so. Mom has said that if we want to, she'll be happy to participate, and Dad supports her. But right now Kevin and I agree we're fine the way we are. With Justin, we're a family of five.

Every day, when I look at our children, I realize how much we have to be grateful for. Last February, I mailed Mom a pink-and-white valentine with hearts, signed, "Thank you for everything." People often ask if Mom and I are closer because of all we've been through together, but we were always so close to begin with, I can't imagine being any more so.

Since no woman with my disorder has ever had a child before, doctors aren't certain whether or not Rokitansky's is inherited. If it is, there is a possibility that Chelsea may have it too. Our pediatrician has advised us to wait until she's older to investigate, and not to worry in the meantime. I'm not too concerned. If it happens that Chelsea can't bear children, I know that someone will be there to help her, just as my mother was there for me.

Our twins will grow up knowing exactly how they were born. There's a picture in the hall outside the nursery of my mother pregnant with them, and we plan to recount their story as part of our family folklore.

There may come a day, however, when Chelsea or Chad will come home crying because a thoughtless classmate teases them about the way they came into the world. I've already thought about what I'll tell them. I will say that they are very special—and they were wanted very much—that their mom, dad, grandma and grandpa did everything we could to make sure they were born. They will always know that no matter how it happened, they were our miracle.

Mom has said that if we want more children, she'll be happy to participate. But Kevin and I agree that we're fine the way we are.

SHARE YOUR STORY

The Journal will pay $750 for each article accepted for publication in the "A woman today" column. Manuscripts must be first-person accounts of actual dramatic events and should be 1,500 words, typed double-spaced and accompanied by a self-addressed, stamped envelope for return of the work. Include your address and daytime phone number on the manuscript. Reply may take up to three months. Send manuscripts to Box WT, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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Contest winners' beauty tips, what to wear to work and more

Oil of Olay/LHJ

"I LOOK GREAT FOR MY AGE" contest winners

MEET FIVE WOMEN WHO LOOK TRULY TERRIFIC FOR THEIR AGE . . . FOR ANY AGE! ALL ARE ACTIVE, SMART AND SOPHISTICATED ABOUT WHAT IT TAKES TO LOOK GREAT. YOU'LL BE INSPIRED BY FORTY-SEVEN-YEAR-OLD GRAND-PRIZE WINNER TERRI JOHNSON, WHO WON $5,000 AND A WALK-ON PART ON *AS THE WORLD TURNS*, AND THE FOUR RUNNERS-UP. HERE, THEIR BEST TIPS AND FAVORITE BEAUTY PRODUCTS

10 TIPS FOR AGELESS BEAUTY

● **Don't leave home without it.** Women used to refuse to go anywhere without lipstick, but our winners swear by mascara. It's no surprise—mascara opens up eyes so they're bigger, brighter and more alert. And a wide-eyed look is a young look. Tip: For the biggest eyes possible, curl lashes before applying two to three coats of black mascara. Their favorites: Maybelline Great Lash, Cover Girl Professional Mascara and L'Oréal Lash Out.



● **Brighten your face with highlights.** Strategically placed highlights that frame the face work like makeup to make skin positively glow. The following products are foolproof for expert at-home results: Clairol's Frosted Lights and Brush-On Lights, and L'Oréal's La Petite Frost and Frost and Design.

● **Cut your hair short.** Four out of five of our winners have stylish short cuts. They believe (and we agree) that short hair is younger and sexier. *(continued)*



"I'm one of those women who never leave the house without makeup. It makes me feel more finished." —GRAND-PRIZE WINNER TERRI JOHNSON OF CANTON, MASSACHUSETTS. AGE: 47

"I LOOK GREAT FOR MY AGE"



(continued) ● **Moisturize, moisturize, moisturize.** There's no getting around it: Young skin is dewy skin, and the best way to keep yours fresh-looking is to use a good moisturizer day and night. These five rely on Oil of Olay Daily UV Protectant (a smart choice since it shields skin from the sun as well as moisturizes) and Night of Olay.

"I like my hair in a short, simple style that I don't have to fuss with. I've had bangs for years—they're my security blanket!"
—BONNIE KARLYLE OF GLENDORA, CALIFORNIA. AGE: 51

● **Flash a bright smile.** Well-cared-for teeth can make your face sparkle. These women make a point of visiting their dentists regularly for professional cleanings. If your teeth aren't as bright as they could be (cigarettes and caffeine are the main culprits), try a dental whitener such as Rembrandt Whitening Toothpaste.

● **Use makeup in creamy formulas.** Bonnie Karlyle loves using a cream-powder blush. "It stays on longer and doesn't make skin look dry like powder blush does," she says. Ann Ogletree (Does she look familiar? She's Marla Maples' mom!) counts on a sheer foundation in a moisturizing formula.

"My mother always insisted that I wear sunscreen when I was young—I'm so glad she did!"
—SUSAN ENGLISH OF MOUNTAIN HOME, IDAHO. AGE: 41

● **Stay away from the sun.** We've said it before: Nothing ages your skin faster than baking in the sun. These women are proof of how pretty a pale complexion can be—no brown spots, no deep lines or wrinkles.

● **Keep makeup soft and matte.** Choose muted colors, focus on eyes *or* lips—not both—and stay away from frosts, which emphasize wrinkles.

● **Take good care of your hands.** Like eyes and neck, hands give away age; but they'll look younger if you keep nails groomed and hands well moisturized.

● **Stay active and happy.** The winners agreed that their number-one pointer for ageless beauty was a happy, full life. They all exercise regularly, and never shy away from trying new things. Terri Johnson is just starting to model (at forty-seven), and Bonnie Karlyle, age fifty-one, started a career as a songwriter just nine years ago. Ann Ogletree sums it up best: "Think young and take care of yourself!"

"Think positive. Find something you love and get involved—whether it's a profession, exercise, a hobby, whatever!"
—ANN OGLETREE OF DALTON, GEORGIA. AGE: 53

"I've toned down my makeup as I've gotten older—I like to look very natural. I just wear mascara, shadow, lipstick and a touch of blush."
—CHRIS BRAIG OF CHARLOTTE, NORTH CAROLINA. AGE: 36

3 Helene Curtis Inc

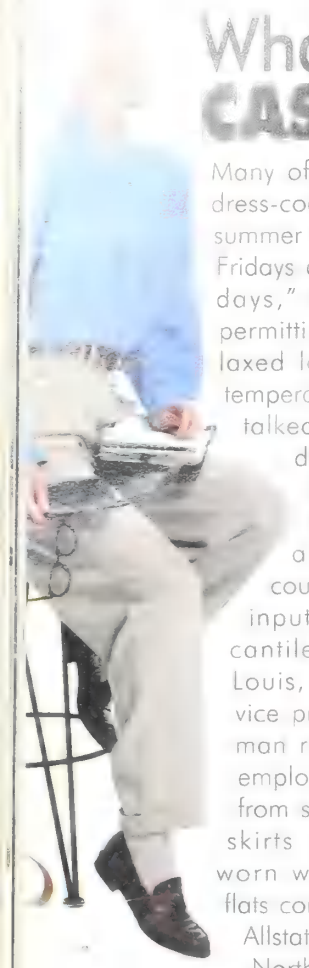


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Vibrance Shampoos and Conditioners with keratin proteins revitalize each strand with deeper shine, livelier color and a healthier fullness.



What to wear on CASUAL WORKDAYS



Many offices bend the dress-code rules in the summer by designating Fridays as "dress-down days," or simply by permitting a more relaxed look when the temperature soars. We talked to personnel directors and office managers at businesses around the country to get their input. At the Mercantile Bank, in St. Louis, Sandi Boller, vice president of human resources, says employees do switch from suits to dresses, skirts and trousers worn with pumps or flats come summer. At Allstate Insurance, in Northbrook, Illinois, "the summer dress code has become much more casual in the last five years," says Bob Lapinski, corporate relations manager. "It's a business look with a slightly more casual approach—a skirt or trousers instead of a buttoned-up suit. It does not, however, mean shorts or jeans."

Top comfort tips

1. Skip pumps and pantyhose when wearing a long skirt or trousers. Stick to chic sandals and loafers or flats.
2. If the office air is cool, wear a cardigan instead of a blazer, or a soft, unconstructed jacket that has the feel of a cardigan sweater.
3. Choose clothing in fluid rayon, washed silk chiffon and viscose. These fabrics float over the body and don't easily wrinkle, so they look fresh longer.
4. Opt for pieces in pale tones of celadon, sand, moss and sea blue. These shades have the businesslike authority of navy or black but are summer soft.



The Two Best Dress-Down Looks Top: a classic, generously cut washed-silk shirt paired with pleated, man-tailored trousers, loafers or lace-up shoes, and a good belt. Right: a long, ankle-grazing, softly tailored skirt, a ribbed poorboy pullover or bodysuit, a belt and flats

Top: shirt, Equipment; trousers, belt and loafers, DKNY; socks, Hanes; glasses, Giorgio Armani. Model, Karen Holmberg of NOW. Right: shirt and skirt, Anne Klein II; belt, Kleinberg Sherril; shoes, Just Libby by Sam & Libby.



EDITOR'S PICK OF THE MONTH

"I've tried cream-powder compact foundations before, but I never found one that was truly creamy—until now. Cover Girl's Ultimate Finish Liquid Powder Make-Up (twenty shades, $5.95 each) offers great coverage, and doesn't cake when you retouch it. I use it as a concealer, foundation and powder! The shade I use is Ivory. It's hard enough finding a skin-tone match, let alone a foundation you like, so I consider this product a true find!" —LOIS JOY JOHNSON



COMING CLEAN

THE BEST EYE-MAKEUP REMOVERS

WE PUT THE TOP-SELLING EYE-MAKEUP REMOVERS TO THE TEST AND FOUND FIVE THAT WORK BEST

- **Best oil-free remover:** Revlon 30 Second Eye Makeup Remover ($5.50; 2 fl. oz.). A clear liquid that's hypoallergenic, fragrance-free. It completely removes eye makeup without leaving a greasy residue.
- **Best cream remover:** Shiseido Absolute Eye Makeup Remover ($18.50; 1.6 fl. oz.). A white cream that is gentle enough for all skin types. Removes all traces of heavy makeup without stinging or burning.
- **Best for contact-lens wearers:** Princess Marcella Borghese Gel Delicato–Gentle Makeup Remover ($24; 7.5 fl. oz.). An aqua-blue gel that feels cool and removes all makeup. Ophthalmologist-tested.
- **Best gel remover:** Elizabeth Arden Conditioning Makeup Remover ($11; 4 fl. oz.). A clear gel that's dermatologist- and allergy-tested. It removes all the makeup and leaves skin feeling moist, but not oily.
- **Best waterproof makeup remover:** Maybelline Moisturizing Mascara Remover ($3.45; 2.3 fl. oz.). A clear liquid that removes waterproof eye makeup without having to tug at the skin. It's safe for sensitive eyes.





NO NASTY ANYTHING

One look and you'll know. Softsoap® Cleansing Liquid for Sensitive Skin has no irritating dyes. And no harsh chemicals. It's clearly the only liquid hand soap made to be gentle enough for sensitive skin. And Softsoap® for Sensitive Skin is *dermatologist-tested*. And *hypoallergenic*. It's part of the Softsoap® family for every member of your family.



Softsoap® Your hands will thank you.

All make-up on model from the Revitalizing Collection. *Soft Beige* Foundation, *Light* Powder, *Sandalwood* Blush, *Fiery Bronze* Lipstick and Beautyliner. Shadow: Also pictured: *Roseberry* Blush, *Light* Powder and Concealer and *Creamy Natural* Foundation

...th skin like hers ask her age and she automatically subtracts 5 years.

...f she slept well, maybe 6. In love? Anything goes.

Who does she think she's fooling? Everyone.

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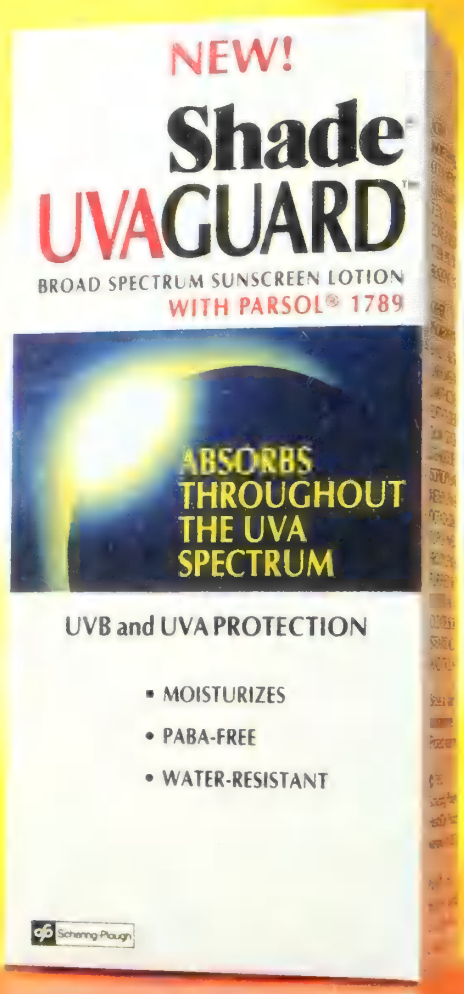
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*Compared to SPF 15 sunscreens without Parsol 1789.

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READY AND WAITING

Thirty-five-year-old Patti Parlee is seven months pregnant, which makes it "great timing for a makeover." Patti, a C.P.A. and mother of four from Des Moines, says, "I'm in my third trimester, and I needed a boost to help me look and feel great now *and* after my baby is born!"

Easy makeup for a busy mom "I'm usually so worried about looking like I have too much makeup on that I don't wear enough and end up looking washed out." New York makeup pro Alison Raffaele found the perfect palette for Patti: warm, natural shades, like brick, russet, cinnamon, apricot, that are a little richer than the colors she's used to wearing and impossible to overapply. They complement Patti's assets—wide-set eyes and high, broad cheekbones—without making her look overdone. "The most important product for Patti right now is a good foundation," says Alison. "Her skin tone is blotchy and dry due to hormonal changes, so she needs light, creamy coverage to even it out."

Sophisticated summer style As anyone who's shopped for maternity clothes knows, the often-cutesy outfits for pregnant women are not appropriate for the office—or appealing to women who want to look fashionable. So we dressed Patti in comfortable non-maternity clothing—an oversize washed-silk shirt in bright tangerine and a stretchy cotton-knit skirt. The result? A new, more confident, more stylish look for Patti that will help make the last leg of her pregnancy just a bit easier.



Believe it or not, you *can* wear real clothes when you're seven months pregnant. Patti's outfit: shirt, Nicole Farhi; skirt, 525 Made in America; earrings, Agatha; sandals, Country Road; hair, Gad Cohen for Gad Cohen Studio





BARGAIN OF THE MONTH

A romantic poet's blouse is one of the best wardrobe updates for summer '93. Looks great with everything from jeans to jodhpurs to long, tailored skirts. Our finds look like the expensive designer styles (Ralph Lauren's poet's blouse goes for $575!), but are a fraction of the price. Far left: a crisper version with a ruffled placket in 100 percent cotton from Lizwear, $52. Left: a ruffled, nearly off-the-shoulder style in a rayon/acetate blend from Express, $36.

Far left: skirt, JH Collectibles; belt, Kleinberg Sherril; beret, J. Crew
Left: jodhpurs, Express; belt, Kleinberg Sherril; shoes, Sam & Libby

Do you look like someone famous?

THE CELEBRITY LOOK-ALIKE SEARCH










Back by popular demand, LHJ's third annual celebrity look-alike search is under way! We're looking for dead ringers for the stars—Whitney Houston twins, Demi Moore doubles and especially Maury Povich clones—and anyone else who's often mistaken for a celeb. The search is open to men and women (resembling celebrities of their own gender). Just fill out the form below and send it along with a fifty-word essay explaining what it is about you that makes you look like a particular star (who must be living), and what qualities you admire in her or him. Include two color photos of yourself (taken within the last two months)—one full-length and one head shot. The winners will appear in an upcoming issue of *Ladies' Home Journal* and may be chosen to be special guests on ***The Maury Povich Show***, subject to scheduling and programming considerations. Enter today!

THE LADIES' HOME JOURNAL CELEBRITY LOOK-ALIKE SEARCH

Name.....
Address.....
City.....
State.....Zip code.....
Phone.....
Sex.....Social Security #.....
Date of birth.....Height.....Weight.....
Hair color.....Eye color.....
Your celebrity look-alike.....
Signature.....

Enclose two current color photographs (no more than sixty days old), one full-length and one head shot, as well as an essay (fifty words or less) explaining what it is about you that resembles the celebrity and what qualities you admire in her or him.

Fill out this form according to the official requirements on page 194. Send entry to: Ladies' Home Journal Celebrity Look-Alike Search, 100 Park Avenue, Third Floor, New York, NY 10017. All entries must be received by June 30, 1993.

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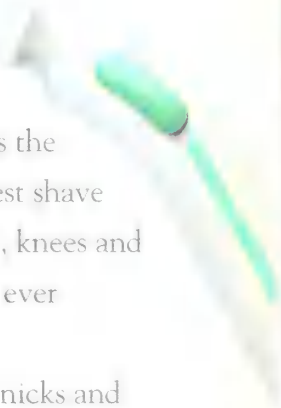




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Mayor OSCAR WELSH won't hesitate to tell you THAT NUCLEAR ENERGY HELPS KEEP HIS TOWN *clean*



Oscar Welsh is mayor of a small Pennsylvania town not far from Bald Eagle Mountain. He lives eight miles from a nuclear plant that started generating electricity almost 10 years ago.

Mayor Welsh is a man who prefers to arrive at his own conclusions. "I don't see any reason to be afraid of nuclear energy," he says. "It's a clean, efficient way to generate electricity without polluting the air."

America has more than 100 nuclear plants. Because they don't burn anything to make electricity, they help protect our environment and preserve our natural resources for future generations. All while providing enough electricity for 65 million homes in the U.S.

No single energy source is the whole answer to America's energy needs. But, as Oscar Welsh will tell you, nuclear energy is part of the answer.

For more information, write to the U.S. Council for Energy Awareness, P.O. Box 66080, Dept. W, Washington, D.C. 20035.

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NUCLEAR ENERGY MEANS CLEANER AIR

CNN,
THE WORLD'S NEWS LEADER, AND LADIES' HOME JOURNAL PRESENT UP-TO-THE-MINUTE FACTS AND FINDINGS ABOUT THE WORLD TODAY

Grades for parents

At Paul Robeson Academy in Detroit, kids aren't the only ones who get report cards—parents do, too. Teachers and counselors rate moms and dads on attendance at parent-teacher conferences, homework support and volunteering. At the same time, parents grade themselves on a list of things, such as making sure their kids eat breakfast and organizing study time. When parents' report cards arrive home, both parents and their child must sign them. "In the data we've looked at on what works for student achievement, one thing comes out consistently: parent participation," says principal Ray Johnson. What happens when a parent flunks? They are sent—where else?—to the principal's office for a stern talk.

—Ed Garsten, *CNN Detroit*

QUOTE OF THE MONTH

I was going to title it 'I'm Not Jane Fonda, But Neither Are You.'

Actress Dixie Carter, appearing on CNN's *Larry King Live*, discussing her new exercise video, *Dixie Carter's Un-Workout*

Pickles and watermelon

Pregnant women are often advised to eat crackers when morning sickness strikes. But, according to Miriam Erick, a registered dietitian at Boston's Brigham & Women's Hospital, who treats women with severe morning sickness, these patients are usually dehydrated, and dry crackers are hard to get down. Instead, she suggests eating watermelon or other juicy fruits, which both refuel and rehydrate the body. Also, she says, salty chips or sour pickles—foods that make you drink fluids—are recommended to combat dehydration. For relief from nausea, Erick says, many women find that sniffing a fresh lemon helps. But if you haven't been able to eat or drink anything for more than twenty-four hours, she warns, call your doctor.

—Carolyn O'Neil, *On the Menu*

Recycling cartilage

In the past, when an athlete tore cartilage in a knee, a doctor would simply remove the torn tissue. But without this natural cushioning, patients often developed progressive arthritis and stiff joints. Now, surgeons at San Francisco's Cal-Pacific Medical Center can replace the cartilage with a transplant from a cadaver, giving the patient a more normal and comfortable range of motion. Since very little blood circulates through cartilage, doctors say, the body doesn't reject these transplants. The tissue is, of course, carefully screened for infectious disease prior to use.

—Dan Rutz, *HealthWorks*

Paul Newman's castle

The actor, who already started a summer camp in Connecticut for children suffering from cancer, is now leasing a castle for terminally ill kids in Ireland, the United Kingdom and Europe. Through his charity, The Hole-in-the-Wall Gang, Newman is getting a deal on the lease—paying only about $1.50 a year for Barretstown Castle, in Ireland. But the actor also expects to spend more than $6 million fixing the place up. Founded in 1988, Newman's organization has helped more than eight hundred sick children in the last three summers alone.

—Dennis Michael, *Showbiz Today*

Savvy suits

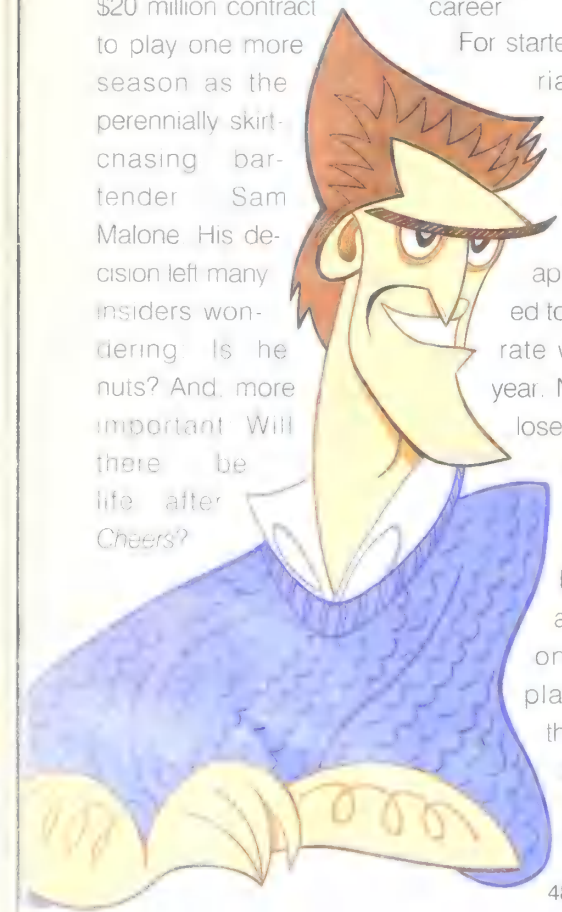
Say good-bye to boring bathing suits—this summer's swimwear is making fashion waves. Miriam Ruzow, of Gottex of Israel, says the emphasis is still on the bra-top one-piece, but she adds silk, satin and lace finishes. "I think [new suits] are more covered-up, more elegant," says Ruzow. "They leave more to the imagination." Los Angeles' Anne Cole adds, "With the return of the dress, I think skirted suits are going to be very important. There are pleated skirts, forties skirts, all kinds of matte jersey skirts." Also hot this season: sequins, colorful cover-ups and menswear fabrics such as wool pinstripes. New York's Nicole Miller goes whimsical with dinosaurs and a Miami theme print: "It's South Beach–inspired," she says. "It's got an Art Deco hotel on it and flamingos and palm trees."

—Elsa Klensch, *Style with Elsa Klensch*

Watch CNN's ***Showbiz Today*** for the latest from Hollywood to Broadway (weekdays, 5:30 P.M. E.T.), and ***Larry King Live*** for intriguing interviews with newsmakers and celebrities (weekdays, 9 P.M. E.T.).

Ted Danson
IS THERE LIFE AFTER CHEERS?

When NBC announced last December that *Cheers*, one of the most popular sitcoms in TV history, was ending its eleven-year run this May, millions of viewers were stunned and saddened—it felt as if we'd lost a friend (actually, eight of them). That's partly why it's so hard to believe that one cause of the show's demise is none other than star Ted Danson, who reportedly turned down a $20 million contract to play one more season as the perennially skirt-chasing bartender Sam Malone. His decision left many insiders wondering: Is he nuts? And, more important: Will there be life after *Cheers*?



Well, he probably isn't crazy. The truth is, Ted, forty-five, was thinking about the future—and the changing priorities in his life. He's already worth an estimated $80 million to $100 million, so his financial situation is in good order. Now he wants to concentrate on other areas: his personal life and his movie career.

For starters, Ted's marriage of fifteen years seems to be over—he and his wife, Casey, apparently decided to go their separate ways late last year. Now, they may lose their adopted eight-year-old daughter, Alexis, whose birth mother, according to one report, is planning to sue the Dansons for breach of contract. On the positive side, Ted's ten-month-old relationship with actress Whoopi Goldberg (the two have a new movie, *Made in America*, out May 28) appears to be going strong (see page 52).





Everybody knows his name: Ted (above) and his cheery co-stars (left)

When he's not working on his new romance, Danson will be shoring up his film career. But making the oft-tried, oft-failed segue from small screen to big won't be easy. Woody Harrelson shot to stardom with last year's hit *White Men Can't Jump* and followed it up with *Indecent Proposal*, but other *Cheers* stars (Shelley Long, Kirstie Alley) haven't exactly wowed them at the box office.

As for Ted, well, he had a hit in 1987's *Three Men and a Baby*, but his success after that has been anything but overwhelming. *Three Men*'s sequel, *Three Men and a Little Lady*, was a disappointment, and starring vehicles like *Dad* and *A Fine Mess* were outright disasters. So there's a lot riding on his newest film, *Made in America*, a romantic comedy in which a teenage girl tries to bring together her doting single mom (Goldberg) and her obnoxious, sperm-bank-donor father (Danson).

Even Ted doesn't pretend to know what the future holds. "There are so many things happening in my life that I feel like I'm on kind of a high diving board," he said recently, "about to spring into I don't know what."

—JEFF ROVIN



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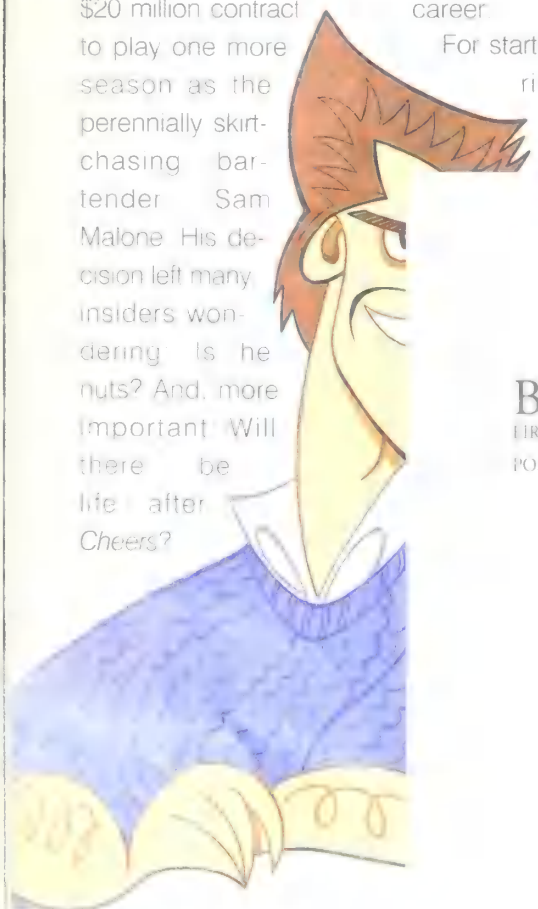
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Ted Danson
IS THERE LIFE AFTER CHEERS?

When NBC announced last December that *Cheers*, one of the most popular sitcoms in TV history, was ending its eleven-year run this May, millions of viewers were stunned and saddened—it felt as if we'd lost a friend (actually, eight of them). That's partly why it's so hard to believe that one cause of the show's demise is none other than star Ted Danson, who reportedly turned down a $20 million contract to play one more season as the perennially skirt-chasing bartender Sam Malone. His decision left many insiders wondering: Is he nuts? And, more important: Will there be life after *Cheers*?



Well, he probably isn't crazy. The truth is, Ted, forty-five, was thinking about the future—and the changing priorities in his life. He's already worth an estimated $80 million to $100 million, so his financial situation is in good order. Now he wants to concentrate on other areas: his personal life and his movie career.

For starters, Ted's marriage of fifteen years seems to be over—Ted's ten-month-old relationship with actress Whoopi Goldberg (the two have a new movie, *Made in America*, out May 28) appears to be going strong (see page 52).





Everybody knows his name: Ted (above) and his cheery co-stars (left)

When he's not working on his new romance, Danson will be shoring up his film career. But making sequel, *Three Men and a Little Lady*, was a disappointment, and starring vehicles like *Dad* and *A Fine Mess* were outright disasters. So there's a lot riding on his newest film,

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The $8 million woman

MAYBE SHE'LL NEVER BE SEXIER, JULIA MIGHT BE MORE MYSTERIOUS, BUT WHOOPI MAY JUST BE THE MOST POWERFUL WOMAN IN HOLLYWOOD

Two years ago, Whoopi Goldberg became one of the highest-paid actresses in Hollywood when Disney forked over a reported $8 million for her to star in *Sister Act 2*. No one can say she isn't worth it (*Sister Act* has pulled in a whopping $140 million to date), but few in the industry expected Goldberg—a staunch individualist who's never really been a "player"—to be the first woman to break into the multi-million dollar boys' club (whose members include only the heaviest of hitters, like Arnold, Kevin and Tom).



The perpetually confident Whoopi probably isn't too surprised, though she's had her share of flops (*Jumpin' Jack Flash*, *Burglar*) as well as hits (*Sister Act*, *Ghost*). "You take [opportunities] when they're offered," she explains with a shrug when asked about her career, "and then, you kinda chuckle later, and you think, Oh, that was great, or That was really terrible."

No word yet on which will apply to her latest movie, *Made in America*, due out May 28 (see page 48). But it's safe to say that *making* it was plenty of fun: Whoopi and her co-star, Ted Danson, reportedly fell in love both on and *off*screen. This despite the fact that Whoopi admits she was starstruck and giddy when she first met Danson: "You think, I'm gonna be really cool, I'm not gonna be overanxious, I'm not gonna get nervous," she recently remembered. "And then suddenly. . . it's like, 'Aaahhhh. Hi, hi, hi. . . . Wow, I love your show; I think you're great . . . .' I was just like one of those wind-up toys that go bang! bang! bang!"

Presumably, she's calmed down a bit since then. But the couple's relationship seemingly hasn't—Ted recently separated from his wife and went hunting for a house close to where his new leading lady lives.

Neither of them, it should be said, have confirmed or denied the rumors surrounding them. But two months ago the committed co-stars signed up to do another film together, *Pink Vodka Blues*, a romantic comedy that takes place in rehab—which, in Hollywood, is about as romantic as it gets.



THE BEST BALDWIN

You thought Alec was cute? Well, wait till you see his brother. The Baldwin to watch is twenty-nine-year-old William (Billy to his friends), poised to become Hollywood's hippest new heartthrob.

Billy first sizzled on-screen as a fire fighter in 1991's *Backdraft*. Now he's set to steam it up again with this spring's sexiest double bill: *Sliver*, an erotic thriller co-starring Sharon Stone (in theaters May 21), and *Three of Hearts*, in which he plays a beguiling bachelor fighting for Sherilyn Fenn's love (out April 30). In real life, Billy's current steady is singer Chynna Phillips.

Indeed, acting has become the family business; besides Alec, there's twenty-six-year-old Stephen (*The Young Riders*) and thirty-two-year-old Daniel (*Homicide*).

Billy, however, remains charmingly modest about fame ("I hate [the word] celebrity," he insists) and his good looks. "Do I think I'm beautiful?" he once wondered. "Yeah, sure. [But] I think pit bulls are beautiful, too."

—REBECCA ASCHER-WALSH

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Janine Turner, known to *Northern Exposure* fans as acerbic Alaskan bush pilot Maggie O'Connell, just can't seem to come in from the cold. Her major movie debut, in *Cliffhanger* (in theaters May 28), finds her once again surrounded by snow—this time in the Italian Alps—as part of a mountain rescue team that plucks wayward rock climbers from precarious peaks. "My character is like Maggie in a lot of ways," says the thirty-year-old actress. "She's tough yet vulnerable. And she also flies the helicopter!"

Her co-star in this action-adventure-romance? None other than Sylvester Stallone, an actor who is well known for fighting his way to box-office success. And unlike her maladroit mating dance with *Exposure*'s obnoxious doctor, Joel Fleischman, Turner's on-screen relationship with Sly is a straightforward romance. (In real life, rumors have linked her romantically with Mikhail Baryshnikov, Alec Baldwin and her *Exposure* co-star, John Corbett.)

To prepare for the action in *Cliffhanger*, Turner—who says the most exercise she gets is riding her horse, Maggie—enlisted the aid of a professional trainer. Stallone, needless to say, was already in top form—and, says Turner, he was anything but a dumb jock. "He's very intuitive and aware of what's going on around him at all times," she says. "He was always there to help."

All in all, hardly the kind of role this former Little Miss LaPetite from Fort Worth, Texas, had ever dreamed of playing. She arrived in New York fifteen years ago and, after a modeling stint, quickly started to pick up acting gigs. Her first real break came when she played Laura Templeton for one year on the classic soap *General Hospital*.

Cliffhanger's setting is considerably less prosaic: Turner spent two months on location in Italy, where, she says, she fell in love with the country, its people, their cappuccino and "their pasta. I got to know pasta very well." But she didn't have much time for sight-seeing. "It was a pretty demanding role physically," says Turner with a tired sigh, clearly happy to be back home. "We climbed many, many steep and snowy mountains." She pauses, then laughs. "I felt like I was in a Heidi movie!"

—BONNIE SIEGLER

MARIANNE WILLIAMSON RETURNS

Her first book, "A Return to Love," was a rather oblique work on spirituality that nonetheless managed to top the best-seller lists for seven months, its popularity fueled by Marianne Williamson's inspirational lectures. Her follow-up, "A Woman's Worth," published this month by Random House, deals with a somewhat more concrete issue: what it means to be a woman.

The element of New Age spirituality is strong in this book, too. Williamson writes of how women must struggle con-



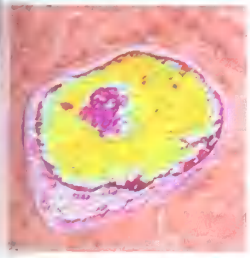
stantly with both themselves and outside forces to exercise their natural power within a sexist society.

Williamson herself seems to be successful at doing just that, but she says that hasn't stopped her from feeling the same anxieties that she believes all women face. "I was going through experiences that propelled me into a deeper exploration of my feelings about being a woman," says Williamson, forty, single mother of three-year-old Emma. "And I see the spark of recognition in other women's eyes."

—NADIA ZONIS

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How to have a BETTER BOTTOM



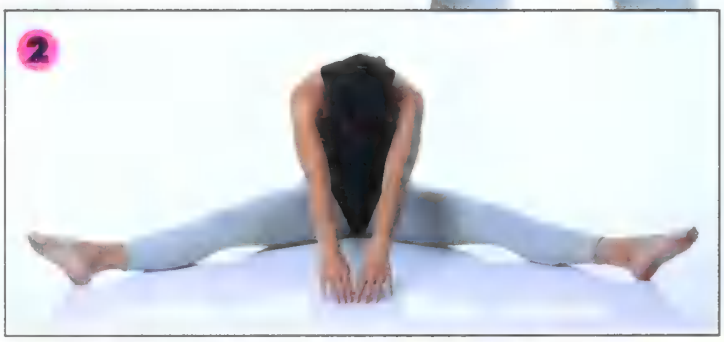
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WARM-UP STRETCHES



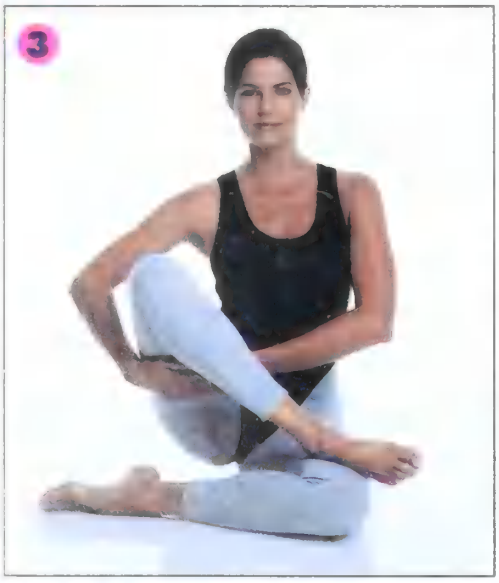
BACK AND LEG STRETCH

1. Sitting cross-legged, bend slightly forward with palms on the floor to stretch the lower back and the back of the legs. Hold position for eight seconds, then straighten. Repeat eight times.



STRADDLE STRETCH

2. Staying seated on the floor, spread legs apart in front of body and reach forward with your hands while lifting your heels off the floor. Hold position for eight seconds, then relax. Repeat eight times.



BUN STRETCH

3. Return to cross-legged position. With left leg bent at the knee, heel near right thigh, lift right leg so that heel rests on left knee. Grab under right knee and pull knee toward chest. Straighten back and lift right buttock off the floor about an inch. Hold for eight seconds; repeat on opposite side. Do four times for each buttock.

BOTTOM BASICS This is a twenty-minute toning program designed to strengthen muscles and eliminate fat. It targets all the lower-body muscle groups for totally toned upper legs, thighs and buttocks. You can use warm-up stretches for your cool-down, too. Consult your doctor before beginning this or any exercise program. And look for Smithey's new buns video this summer.

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WOMEN'S HEALTH NEWS

Monistat® 7 disposable applicators make treating yeast infections even easier.

Pick four women. Your best friend. Your realtor. Your boss. Joan of Arc. Statistics say that three out of four of them have suffered from a feminine yeast infection. Chances are, you have too.

What causes it? Some blame stress, even good dress. A pregnancy, a promotion, a move to a bigger, better house. Others point a finger at the very activities one does to maintain a healthy body. Aerobics in a skin-tight leotard. Lingering in a wet bathing suit after a vigorous swim. What is known for sure is that there is an overgrowth of naturally occurring fungi in the vagina. This imbalance results in the itching, burning and discharge commonly associated with yeast infections.

DISPOSABLE APPLICATORS TO THE RESCUE

The good news is that yeast infections are a lot more convenient to cure because Monistat 7 comes with seven ultraslim disposable applicators. This eliminates the need for washing the applicator after each use.

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"I'll never wash another applicator."

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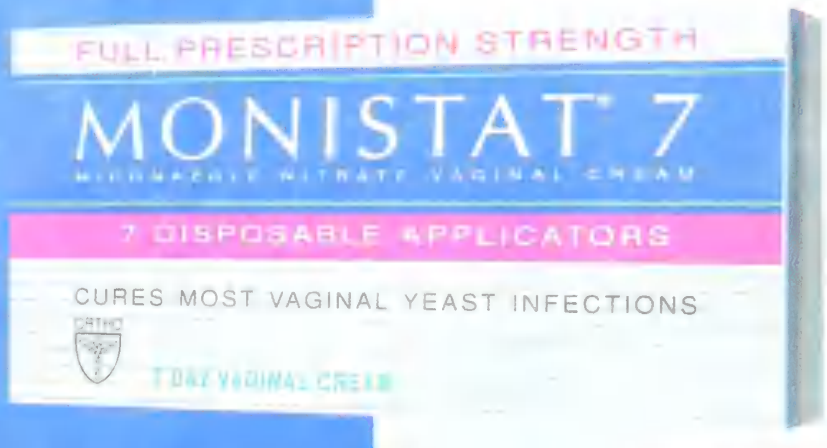
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by Linda Mason



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How to have a BETTER BOTTOM







THE "L" POSITION

1. Lying on right side, bring both legs forward to form an "L" position (legs perpendicular to body). Left arm is in front of you, head rests on right arm. Flex left foot and lift twelve inches above the right. Lift and lower leg eight times; switch sides. Targets sides and top of buns.

2. In the "L" position, lift left leg and sweep to a 90-degree angle (flexing at the knee). Bring leg to raised position, then lower. Repeat eight times; switch sides. Targets sides of buns and back of thighs.

3. In same position, lift left leg, sweep back to a 90-degree angle, return to raised position. Then bring knee into chest, return to raised position, and lower. Do entire sequence eight times; switch legs. Targets sides of buns and outer thighs.







BABY BUN PRESSES

4. Lie on right side and bring both knees to chest. With top leg, make small back-and-forth pressing movements toward your chest. Do sixteen times on each side. Targets sides of the buns and outer thighs.

ALTERNATING SIDE LEG PRESSES

5. Begin on hands and knees. Drop down on right forearm while raising left leg out to the side; extend leg so it's at a 90-degree angle to body, hold, and lower. Drop down to left forearm and repeat exercise on right leg. Do entire sequence (both legs) eight times. Targets sides of buttocks.

6. In hands-and-knees position, bring chin toward right arm while extending left leg. Make sure foot is flexed. Press knee out to the left six inches, then in toward the bend of your left arm. Press out and down to original position. Repeat eight times; switch sides. Targets sides of buttocks.



ALTERNATING STRAIGHT-LEG PRESSES

7. On hands and knees, lean on both forearms. Extend left leg straight out behind you with foot flexed and toes pointed toward floor. Bend leg and press knee in toward chest, then extend behind you again. Repeat eight times; switch legs. Targets top of buttocks.





CHAIR SQUATS

9. Turn around and press the small of your back into the wall, placing feet about twelve inches in front of you. Slide down to an almost-sitting position, squeezing the buns together and the abdomen in. Hold for eight seconds; slide back up to standing position. Repeat sixteen times. Targets lower buns and lower abdominals.

BUN PRESSES

8. Stand with hands flat on a wall about six inches away. Lift left foot a few inches off the floor, keeping leg slightly bent at the knee. By squeezing the left buttock, lift left leg about six inches up and back. Repeat sixteen times on each side. Targets lower buttocks and upper rear thighs.



Whether your kitchen is a cozy, quiet corner or more like Grand Central Station, it is the heart of your home. And Frigidaire, with 75 years of experience, is the heart of the kitchen. Here's how the new Frigidaire can help your kitchen look, live and work better.

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esigning your own kitchen can be an :citing exercise in self-discovery. Get out ›ur pencil and paper and start planning.

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List your needs. Take inventory of your festyle. Do you have enough cabinet space? your refrigerator too crowded? Do you ›end a lot of time cleaning up? Is your itchen too dark?

Choose a floor plan that's right for ou: *L-shaped:* Forms a natural triangle. rotects the cook from cross traffic. *Corridor:* pace-efficient but prone to traffic jams. *:land:* Requires a big kitchen but serves a ariety of needs. *Peninsula:* Good for routing affic and defining informal dining area.

The next step

)nce you've established your priorities, take our lists to a contractor, architect or kitchen nd bath designer. And don't forget to stop y your local Frigidaire dealer. Regardless of vho designs or remodels your kitchen, you vill have to select the appliances, and that's vhere Frigidaire makes your task easy. 'ou'll be amazed at how these appliances ulfill all your kitchen dreams and needs.

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'eople don't have sharp corners; appliances houldn't either. Eliminating the edges, orners and creases also eliminates traps for lirt and grease. The rounded edges blend in ›etter with all decors. These smooth edges howcase fine craftsmanship, and the uperior attention to detail on the outside is ›ut a prelude to the high-quality engineering ›n the inside.

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With roomy and fully adjustable interiors, Frigidaire top-freezer and side-by-side refrigerators allow you to store and retrieve food easily. Seamless designs, inside and out, make cleaning easier and less necessary. And Frigidaire's commitment to energy-efficient designs and reduced-CFC insulation leads the field in environmental excellence.

Ranges

For precise cooking performance on demand throughout their long lives, you can't beat Frigidaire's electric ranges. The smooth cooktops and upswept designs eliminate cracks and crevices that trap food and grease. Frigidaire also offers a full complement of gas ranges with European-style sealed burners for easy cleaning. In addition, you'll find a full line of built-in wall ovens and electric and sealed burner cooktops that fit nine out of 10 existing appliance cutouts.

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With Frigidaire's new UltraPower™ wash system you will never need to pre-rinse again. Powerful rinsing jets surge water through the dishwasher to remove even the toughest baked-on foods. A food disposer chops up debris and sends it down the drain. A super-fine filter ensures that only the cleanest water ever touches your dishes. Frigidaire's dishwashers not only work hard, they look good too, because the sleek UltraStyle design blends with any kitchen design, no matter what your style.

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2. To enter, complete the form at left, OR print your name, address and daytime phone number and the words HEART OF THE HOME with FRIGIDAIRE on an index card and mail to: FRIGIDAIRE SWEEPSTAKES, P.O. Box 5238, Clinton, IA 52736. All entries must be postmarked by July 31, 1993, and received by August 7, 1993.

3. No responsibility is assumed for late, lost or misdirected entries. One entry per envelope.

4. Winners will be selected in a random drawing from all eligible entries received, under the supervision of Meredith Corporation whose decisions are final, on or about August 15, 1993.

5. PRIZES: ONE GRAND PRIZE of a complete kitchen, including new Frigidaire refrigerator, range, microwave and dishwasher, including a $1,500 installation allowance; 12 cabinets from Schrock, including installation; consultation with a Meredith editor; and a $5,000 decorating allowance. Total retail value approximately $23,750. 4 FIRST PRIZES (one per region), Frigidaire refrigerator (retail value $1,000 each). FOUR SECOND PRIZES (one per region), Frigidaire range (retail value $800 each). FOUR THIRD PRIZES (one per region), Frigidaire dishwasher (retail value $520 each). 25 FOURTH PRIZES, *Better Homes and Gardens* ® *New Cook Book*, hardcover edition, (retail value $22.95 each). 50 FIFTH PRIZES: *Better Homes and Gardens* ® *New Cook Book*, softcover edition, (retail value $14.95). 75 SIXTH PRIZES: *Better Homes and Gardens* ® *Making Your Kitchen Store More* video, (retail value $12.95). Only one prize per household. No substitutions will be allowed in lieu of prize. Odds of winning depend on the number of entries received.

6. All entries become the property of Frigidaire. If requested, the Grand Prize Winner must consent to the use of his/her name, new kitchen, hometown and/or likeness for promotion and/or advertising purposes without further compensation.

7. The sweepstakes is open only to residents of the United States, 21 years of age or older. Employees of Meredith Corporation, Frigidaire and Schrock, and the families of each, their affiliated companies, advertising agencies or judging agency are not eligible to enter. Void where prohibited or restricted by law or taxed. Federal, state and local laws apply. All applicable taxes are the sole responsibility of the individual prizewinners.

8. For a list of prizewinners, send a stamped, self-addressed envelope to Frigidaire Heart of the Home Winners' List, P.O. Box 8100, Clinton, IA 52736. REGIONAL BREAKDOWN for awards: **West:** WA, OR, CA, MT, ID, NV, UT, AZ, AK, HI. **South:** WY, CO, NM, TX, OK, AR, LA, MS, AL, TN, GA, FL, NC, SC, VA. **Midwest:** ND, SD, NE, KS, MN, WI, IA, MO, MI, IL, IN, KY, OH, WV, PA (western half), NY (western half). **East:** ME, VT, NY (eastern half), PA (eastern half), NH, MA, CT, DC, DE, MD, NJ, RI.

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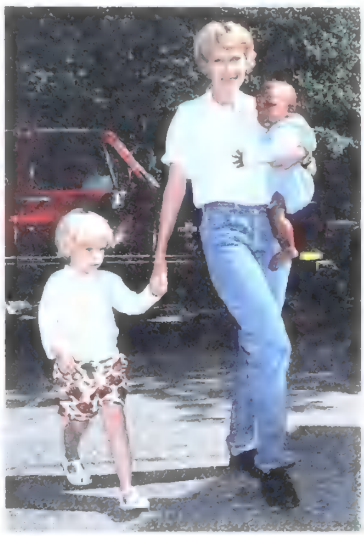
How to read BODY LANGUAGE

Who's more upset, Charles or Di? What's really on Michael Jackson's mind? Here, a body language expert reveals what these famous folk would rather you didn't know.

By Doe Lang, Ph.D.



■ **MAMA MIA:** Clutching her kids, Mia Farrow seems to be trying to present an image of a woman whose children are more important than anything else. But her smile is anguished and strained. She looks worried, troubled.



■ **I WANT TO BE ALONE:** *With his hands jammed in his pockets, Woody Allen seems to be saying, "Don't bother me." He's annoyed, miserable and worried. His expression is bitter; his brows are knitted in anger.*

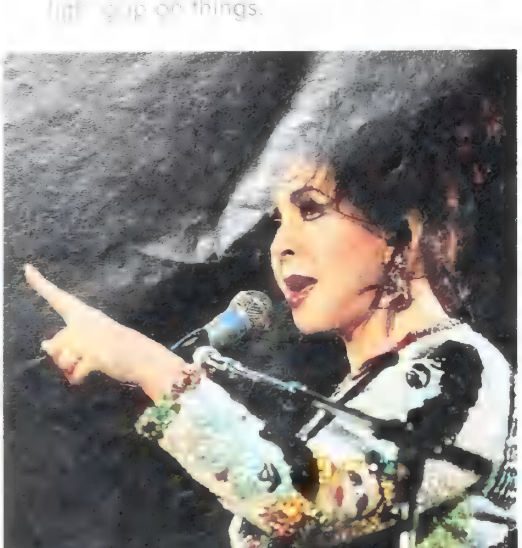


■ **THE ROYAL MILE:** *Although Diana and Charles are trying to look like they're having fun together, there's a great distance—literally and figuratively—between them. Diana's smile is forced, and she's gripping her hands so tightly that her knuckles are white. Charles, however, is genuinely relaxed, and is paying no attention to Diana at all. He's not even looking at her.*



■ **THE OPRAH AND MICHAEL SHOW:** Oprah is exuberant, triumphant. She's holding her left hand as if she can barely contain herself. Michael is wary, his smile not real, as though he'd rather be doing something else. He's supporting himself with his arms as if at any minute he could push himself off and run away.

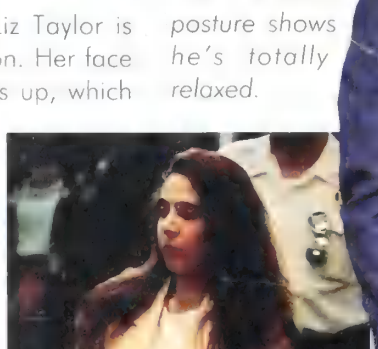
■ **GET A GRIP:** I have control of my audience—and of the show—and I'm going to bring you Jay Leno's message. Yet, while his smile and the way he's leaning over are friendly gestures, his tightly clasped hands show both purpose and insecurity. He can't relax; he's got to keep a tight grip on things.



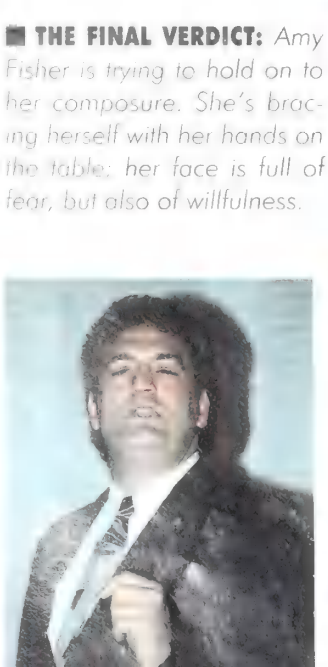
■ **DO YOU GET MY POINT?** Liz Taylor is pointing a finger in accusation. Her face is angry, yet her finger points up, which means she's optimistic—she knows everything will be okay once others understand what she's saying.



■ **AND THE NUMBER-ONE REASON HE LOOKS SO HAPPY:** *I've got them in my pocket, David Letterman is saying here. His casual posture shows he's totally relaxed.*



■ **THE FINAL VERDICT:** *Amy Fisher is trying to hold on to her composure. She's bracing herself with her hands on the table; her face is full of fear, but also of willfulness.*



■ **OH, YEAH?** Joey Buttafuoco is issuing a challenge, but at the same time he's on the defensive. His head is up, and he's looking down at others and practically snarling, as if to say, "Who do you think you are?" Yet, he's using his clenched hand almost as a fist to protect himself.



10 THINGS YOU SHOULD KNOW ABOUT BODY LANGUAGE

What you say is not as important as what you do. According to experts, facial expression and body language tell more about us than we know.

Are you sending the right message—and correctly interpreting the body language of others? Take our quick course below.

Reading body language

1. Be alert to others' signals. If someone turns away or shrinks back from you, you may be invading her personal space. Take a couple of steps back until she seems more comfortable. If she takes a deep breath or stands taller, she's wary of you. Try to win her trust by looking directly into her eyes. Your expression should be friendly.

2. Learn to "read" facial expressions:

■ *Pursing the lips:* disapproval or concentration.

■ *Licking the lips:* nervousness.

■ *Biting the lip:* self-reproach.

■ *Drawing the brows together:* anger; anxiety.

■ *Sticking the chin out:* belligerence.

■ *Keeping the eyes down:*

(continued)

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insecurity, cluelessness.

■ *Staring with narrowed eyes*: a threat, a sign of aggression.

■ *Smiling*: If it's genuine, a smile involves the muscles around the eyes; a fake smile never reaches the eyes.

3. **Learn to "read" common gestures:**

■ *Tapping the foot*: nervousness, impatience or annoyance.

■ *Biting the nails*: an aggressive action; she feels habitually criticized and she's angry about it; self-reproach.

■ *Leaning back*: relaxed, at ease.

■ *Leaning forward*: interest.

■ *Tilting the head to one side*: sympathy; she's listening closely.

■ *Crossing the arms*: This gesture may simply be comfortable, or it may mean she's on the defensive or waiting to be convinced.

■ *Looking at you sideways*: mistrust.

■ *Putting the hands behind the back*: uncomfortable or defensive, afraid of what she might reveal.

■ *Hunching the shoulders*: a heavy burden; fear; discouragement.

4. Tell the truth from the lies. Research shows that when a person is telling a lie, his pupils dilate. Obviously, you must be close enough to the other person to be able to peer into his eyes, which is why this technique works especially well with family members. But you can even use it in the office. The next time your boss tells you that there's not enough money in the budget to give you a raise, watch his eyes across the desk. If he's lying, you probably won't be able to call him on it, but at least you'll know the truth.

5. **Pay close attention.** Although women are more likely to maintain it, both sexes make eye contact with people they like. In general, a woman tends to look at others when she's speaking to them (usually because she's looking for a reaction), while a man is more apt to look at others while he's listening to them.

What your body language is saying

6. Make a good impression. If you want people to like you, your body language should be open and friendly. Sit or stand facing the other person; keep your arms and hands relaxed. Look directly at him or her with genuine liking in your eyes.

7. Learn to let go of the past. Our early childhood experiences can affect our body language today. For instance, if a parent often criticized you, you may walk around with your shoulders hunched and your head down—and not even realize it. But that negative posture comes across as unappealing to others. Make an effort to assess what your body language is saying; ask a friend or spouse for input. Then, work on changing those negative patterns. Consider taking yoga or dance to feel more comfortable with your body.

8. Feel better fast. Research now confirms what many of us have suspected along: We actually feel better when we're with people whose body language and facial expressions are positive. Their pleasant demeanor prompts us to respond in much the same way. Research also shows that when we smile, we really do feel better.

9. Increase your energy. Just as positive emotions are contagious, so are negative ones. If you see someone else expressing fear, you may soon be doing the same. Or, if the other person looks critical or demanding, you can feel upset and drained even if it has nothing to do with you.

Here's a way to recover from the energy drain of negative emotions. (It may sound strange but I have found that it works): With your mouth closed, tap your tongue against the ridge behind your upper front teeth. Do this for three or four minutes.

10. Practice damage control. If you're feeling stressed or scared, you don't have to let your body language give you away. Rather than tapping your foot or drumming your fingers, release tension by breathing slowly and evenly.

If you can't control nervous fiddling, you may be under heavy stress. Check your breathing—if you take more than eighteen breaths a minute, you're heavily stressed. Lower that to seven breaths a minute and you'll feel calm and authoritative.

Doe Lang, Ph.D., is president of Charisma, a firm in New York City, and the author of "Secrets of Charisma" (SPI Press, 1993).



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Food and drug interactions
WHAT YOU MUST KNOW

The food you eat may be dangerous to your health if you're taking certain medications. This guide tells you what's safe and what can be deadly. By Ilene Springer

One night at dinner, shortly after drinking half a glass of wine, Barbara began turning red. She complained that her head was throbbing, and then she started to vomit. Her husband, panicked that she might have eaten some tainted food, called an ambulance. The emergency-room doctors discovered that Barbara's dramatic reaction was caused not by food poisoning but by drinking alcohol while she was on the antibiotic metronidazole, which she'd been taking for a vaginal infection.

When Katherine developed a nasty sore throat, her doctor prescribed tetracycline. Despite taking the medication for several days, Katherine's sore throat worsened. She phoned her doctor, who, after a brief discussion, fingered the culprit: The glass of milk Katherine washed down her medication with reduced the action of the tetracycline.

As these two women accidentally discovered, food and beverages can seriously impair the way drugs work, in some cases causing an extreme chemical reaction and in others decreasing a medication's beneficial effects. Medications, on the other hand, can cause another set of problems by inhibiting the body's absorption of vitamins and minerals.

While physicians and pharmacists often warn patients about very common food and drug interactions, they do, on occasion, forget. And it may never cross their minds to inquire about quirky dietary habits. It's unlikely, for example, that you'll be asked, "Is your diet heavy on peaches and turnips? How about rhubarb?"

So, to protect yourself, it pays to be aware of the various ways drugs and foods can trip each other up.

A puzzling combination

Once medicine hits the stomach, it breaks down and passes into the small intestine.

(continued)

Photos: Ilona Torossian/Photodisc; Ryuichi Oshimoto/Still Life Stock; George Mattei/Envision; far left, John Kuczala/Still Life Stock; Mark Mallog/Still Life Stock; Ryuichi Oshimoto/Still Life Stock

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New Dog Chow Senior Formula for older dogs. If your dog is about seven years or older, he may be slowing down. That's why it's so important to make sure that your dog gets a diet that matches his changing nutritional needs. We suggest Dog Chow Senior Formula from Purina. 100% complete and balanced for adult dogs, Dog Chow Senior Formula has fewer calories and less fat and sodium than the leading dry dog food to help your old friend stay fit and healthy for life. New Dog Chow® Brand Dog Food Senior Formula. One of the Dog Chow family from Purina.

65 Years Of Research And Devotion In Every Bag.

essor of pharmacy at the University ansas Medical Center, "One patient me nauseated, headachy and agitated after starting the asthma medication phylline. We found out he was cing several cups of coffee a day, not zing that caffeine heightened some side effects of the drug."

ie health hazards of tobacco intensi- combination with certain medica- . One of the most dangerous liaisons tween tobacco and oral contracep- which increases the risk of heart at- and stroke, especially in women over y-five. Smoking can also diminish plifting effect of antidepressants.

xamples of alcohol causing major lems while taking medication also nd. Combined with aspirin, it can e stomach bleeding; with diabetes ication, alcohol will cancel out the 's control over the blood-sugar level; antihistamines, sedatives or tran- zers, a drink may induce dangerous intoxication.

veral drugs, including antifungals some antibiotics and diabetes medica- , are chemically related to disulfiram l to deter people from drinking) and uce the same effects when mixed with nolic beverages. Disulfiram inhibits body's ability to break down alcohol, ng it circulating in the bloodstream cetaldehyde, a compound that can e extreme nausea and vomiting.

lixing alcohol and drugs sometimes bizarre consequences, says Rosalind renstein, M.D., a women's-health ialist with a private practice in Santa z. "I've heard of people using the tive Halcion to make them sleep on a g plane flight, and then taking a k. The next thing they know, they're ing up two days later, unable to ac- nt for the previous forty-eight hours. rns out that this drug/alcohol combi- on causes transient amnesia."

ractions with OTCs and eral supplements

u may not give a second thought to ching what you eat and drink when ng common nonprescription medica- s, but even certain mixes of these can te problems. For example, combining irin and other nonsteroidal anti-in- mmatories (Advil, Motrin, Nuprin) h acidic beverages, such as coffee, t juices and alcohol, can cause stom- pain and irritation.

While taking antihistamines (Contac, adryl, Chlor-Trimeton), it's advisable avoid alcohol, because this combina- n can result in oversedation, drowsi- s and impaired judgment.

The marriage of caffeinated foods and erages like chocolate, cocoa, coffee, or colas and decongestants (Contac, afed, Allerest) may result in insom- or increased blood pressure and heart rate, especially in patients with high blood pressure.

And you may only aggravate an acidic stomach condition if you take antacids (Di-Gel, Maalox, Mylanta) with acidic beverages or caffeinated foods and drinks.

The positive effects of mineral supplements can also be diminished when they meet up with the wrong foods in the digestive system. For instance, excessive amounts of high-fiber foods (rhubarb, wheat bran and whole-grain cereals) can cause a decrease in calcium absorption. It's best to take calcium with foods that have a high vitamin C content, which aids absorption. Foods like egg yolks, milk, coffee and tea (as well as antacids) can decrease the absorption of iron, while bran and soy protein may interfere with the absorption of zinc.

Smart strategies

Given all the possible adverse reactions, it may seem a miracle that any drug hits the right spot safely. But there's a lot you can do to prevent mishaps:

- Read the inserts enclosed with medications and ask your doctor or pharmacist about possible drug- or food-induced side effects.
- If you're taking several medications, inform your doctor about all of them, including over-the-counter laxatives, antacids and vitamin or mineral supplements.
- Physicians should also be told of special diets (low calorie, low fat, high calcium, diabetic, high fiber, vegetarian), of herbal tea or "health food" intake, or of any sudden increase or decrease in consumption of a particular food.
- Try to get all your medications at the same pharmacy so that your pharmacist can keep track of them and can better spot possibly dangerous combinations.
- Ask for specific directions on how and when to take medicines. If you're told to take the drug on an empty stomach, the rule of thumb is one hour before a meal or two hours after.
- Most pills should be washed down with a full glass of plain water. If you can't swallow pills, check before you crush or mix them with food or beverages; this can alter their effect.
- If your stomach bothers you when you take the medication, tell your doctor; you may be told to try a little food when you pop the pill.
- Anyone taking several medications at the same time has a much higher risk of having drug- or food-induced reactions. Be aware of the signs of drug-induced nutritional deficiencies—reduced taste perception, dry, flaky skin, hair loss, lethargy, bone pain and confusion—and report them to your doctor right away. ■





Wouldn't you rather have a multivitamin that's prepared for the real world?

These days, as the world changes faster than ever, our greatest concern is making sure none of these changes cause us harm.

For instance, we're just now learning how smog and pollution add to the effects of oxidation.



Oxidation, the process that turns an apple brown, may also cause cell damage in your body.

Oxidation can occur whenever we breathe and so-called "free radicals" are formed. Many scientists think these particles are a leading cause of cell damage.

In fact, some studies suggest that free radicals may play a significant role in the development of heart disease and cancer.

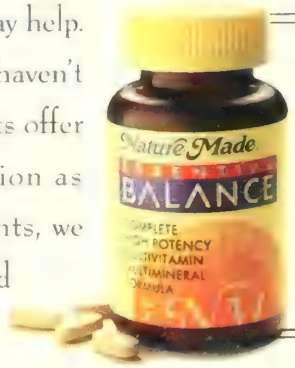
Fortunately, foods rich in antioxidant vitamins like C, E and Beta Carotene neutralize many free radicals in your body.

However, since we do not always eat the way we should, a complete multivitamin regimen may help.

Although studies haven't proven that supplements offer you the same protection as foods rich in antioxidants, we at Nature Made® improved our multivitamin to suit today's changing world.

Introducing our improved Essential Balance, a complete, more natural multivitamin with higher levels of C and E to add to the antioxidants you get from everyday foods.

Of course, the world will keep changing, but at least now we can breathe a little easier.



Essential Balance now offers a complete and more natural multivitamin. With higher levels of the antioxidant vitamins C and Natural E to help fight the effects of oxidation on your body.

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SUMMER SMARTS

LHJ'S HEALTH & FITNESS REPORT

Could you save a life in the event of a swimming accident? Do you really know how to guard against food poisoning? How much do you understand about preventing athletic injuries—and what should you do if you, or your kids, do get hurt?

Summer days may be lazy, but that's no reason to ease up on important health and safety information. The following report, culled from experts in medicine and psychology across the country, is critical reading for every family. So be smart—take a look. And have a happy.



BULLETIN!

The National Recreation and Parks Association (NRPA) is a private, nonprofit organization devoted to making everyone aware of the resources available in parks nationwide. The NRPA also publishes a quarterly newsmagazine, "Friends of Parks and Recreation," which focuses on people who are helping to conserve our parks. If you'd like more information, write: NRPA, 2775 S. Quincy Street, Suite 300, Arlington, VA 22206. To receive a subscription to the magazine, send a donation of $15 or more to NRPA/Friends of Parks and Recreation.

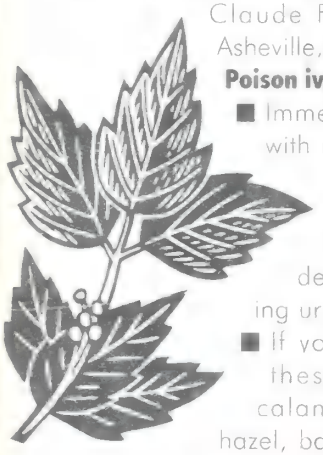
HOME REMEDIES that really work

A little home-medicine ingenuity can go a long way for some minor problems. It's important, however, to know the limits of self-help. "If you have severe poison ivy, a very bad sunburn or other extreme symptoms or pain, or if milder symptoms don't improve in twenty-four hours, seek professional help," says William Forgey, M.D., clinical professor of family medicine at Indiana University.

Mosquito bites

■ Apply ice to the bite; it may help reduce inflammation and swelling.

■ Dissolve one tablespoon of Epsom salts in a quart of hot water, chill and then place on the bite with a cloth for several minutes, says Claude Frazier, M.D., an allergist in Asheville, North Carolina.



Poison ivy

■ Immediately rinse the affected area with rubbing alcohol followed by water. Wash your clothes and anything else that has come into contact with the plant to deactivate poison ivy's itch-causing urushiol oil.

■ If you do break out in a rash, try these topical drying agents: calamine lotion, zinc oxide, witch hazel, baking soda, or Burrow's solution (aluminum acetate), which is available in drugstores, says Jouni Uitto, M.D., chairman of the department of dermatology at Thomas Jefferson University Medical College, in Philadelphia.

Sunburn

■ Mix a cup of skim milk with four cups of water, add a few ice cubes and apply with a compress for fifteen to twenty minutes every two to four hours.

■ Prepare a soothing bath by adding a commercial oatmeal preparation or a generous sprinkling of baking soda. Let the solution dry on your skin, says New York City dermatologist Fredric Haberman, M.D., author of *The Doctor's Beauty Hotline* (Harper Perennial, 1993).

■ Apply plain yogurt to sunburned areas, then rinse off under a cool shower, says Forgey.

■ Also try raw cucumber or potato slices. Since thinly sliced vegetables are 90 percent water, they cool and soothe skin by evaporation, says Forgey.

Bee stings



■ The best first aid for bee stings is to apply ice or a cold pack, says Thomas Meloy, M.D., chairman of emergency medical services at the Mayo Clinic. Then apply a topical lotion (like calamine) to ease the itch.

■ Smear on a paste of baking soda and water.

■ Quickly apply meat tenderizer. It contains papain, which helps break down the proteins present in insect venom, says Haberman.

—Ilene Springer

BURNING questions

Teens just wanna . . . get tan

"Grim warnings about cancer don't have much impact on teens," notes Darrell Rigel, M.D., a clinical associate professor of dermatology at New York University Medical School.

Yet, ray for ray, the sun you get during your teenage years does the most damage. How can you get the message through? Talk about something teens can relate to—their appearance. "I tell all my teenage patients that if they don't start using sunscreen *now*, when they're thirty they'll look fifty," says Rigel.

In fact, dermatologists believe you should get school-age kids in the habit of putting on a sunscreen or sunblock with an SPF (sun protection factor) of 15 or higher. For a free brochure on how to give yourself a skin examination, send a business-size SASE to The Skin Cancer Foundation, Box 561, Dept. SE, New York, NY 10156.



he great taste of Colgate Baking Soda Toothpaste is written all over her face.

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Smile exposes remarkably clean teeth

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The Better Tasting One. Now In A New Gel

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CHILLING: Tips to keep feet cool during the dog days



Shoe comfort Wear shoes made of natural materials, such as leather or canvas, which breathe better than synthetic materials and allow sweat to evaporate more readily.

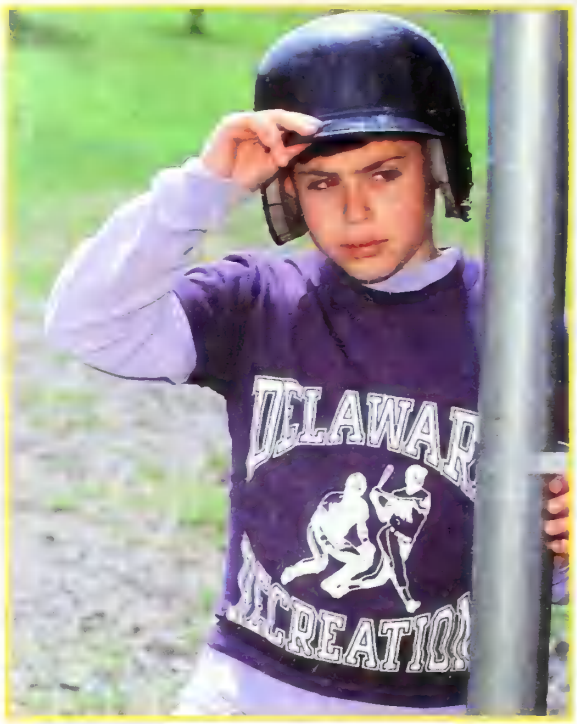
Summer socks Acrylic fibers are your best bet, particularly for tennis and other athletic activities, because they wick moisture away from skin and allow for greater evaporation.

Swollen feet Feet normally swell in the heat—they may be as much as a half to a whole shoe size bigger by the evening. To minimize the problem, walk as much as possible. Exercise helps, because when the leg muscles contract and relax they act as a pump, pushing fluid out of the extremities.

Smelly feet Foot odor results from the breakdown of fats and oils by bacteria on the surface of the skin. Fight offensive smell by keeping feet bathed and dry. Avoid cotton or nylon hosiery, which traps moisture. If you need more help, try an OTC foot deodorizer or drying agent.

Athlete's foot Characteristic symptoms of this very contagious fungal infection are itching, redness, peeling, cracking between the toes or on the soles of the feet, and sometimes small blisters. Treatment includes keeping feet clean and dry, changing sweaty socks frequently and using an OTC antifungal containing miconazole, tolnaftate or clotrimazole. To prevent athlete's foot, always wear sandals or rubber thongs in locker rooms, public showers or at the pool. —I.S.





"Mom, no one picked me"

Easing the pain

In a society where baseball players command more than $1 million a year and over ninety million people worldwide stop to watch the Super Bowl, how can you help the child who is forever left on the bench feel good about himself?

First, never minimize your child's disappointment. "If your son was the last one picked for the team, or if he struck out and that cost his side the game, it won't help to say, 'It doesn't matter; it's only a game,' " says Robert Brooks, Ph.D., director of child and adolescent psychology and psychoeducation at McLean Hospital, in Belmont, Massachusetts. "To him it matters very much."

The key is to empathize. You might say: "I know how you feel. We all feel lousy when we think we're not as good as the others."

Help your child put his disappointment into perspective. Children often magnify failures: "I'll never learn to play" makes perfect sense to them. Point out his own "islands of competence," as Brooks calls them. "Everyone has something he is good at," he explains. Consider a specialized "clinic," often run by school districts and park associations, where your child can get practice and instruction. —M.D.R.

To you, it's a rubber ball.



To your child, it's social interaction, a lesson on shapes and a fun game that makes your arm real muscle-y.

At KinderCare, playing catch is more than just fun and games. It's an exercise in skills we take very seriously. That's why the programs at KinderCare are designed to help your child choose activities that lead to social, physical, emotional and intellectual growth. It's a concept we call Whole Child Development.

And when a grown-up idea like that can help lead little people to bigger things, we think it's the perfect way to get the ball rolling.

KinderCare®

The Whole Child is the Whole Idea.℠

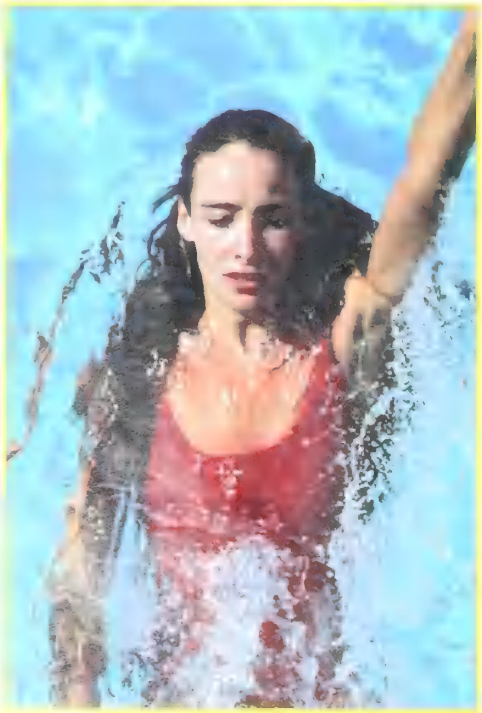
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READ THIS and save a life

The American Heart Association (AHA) has recently established new guidelines for cardiopulmonary resuscitation (CPR) on adults. The major revision is to call—or have someone else call—an emergency number, such as 911, and *then* begin CPR. "We used to advise starting CPR immediately, but calling 911 first will get advanced life support on the scene faster. And if you don't have CPR training, the emergency technicians in many communities can coach you by phone," says Joseph P. Ornato, M.D., professor of internal medicine and cardiology at the Medical College of Virginia, in Richmond. These revised guidelines apply only to adults. With children, who usually stop breathing because of choking, experts advise first clearing the airway of any foreign object, starting CPR for at least a minute and then calling 911. For more information on CPR, call 800-242-8721. —I.S.

In the SWIM



Anyone who spends a lot of time in the water, lives in a humid environment or even sweats excessively is at risk for swimmer's ear, notes Berkley S. Eichel, M.D., clinical professor of otolaryngology at the University of California, in Los Angeles.

Symptoms of swimmer's ear include: irritation and itching of the ear, severe pain (often aggravated by jaw movement) and temporary hearing loss. Treatment usually consists of antibiotic eardrops and over-the-counter (OTC) or prescription pain medication.

To prevent infection: Wear a bathing cap—it's safer and more effective than earplugs, Eichel says. After swimming, speed the evaporation of water in the ears by using four to five drops of rubbing alcohol or OTC eardrops (Swim-Ear). —I.S.

THE SUMMER CAMP PROBLEM nobody talks about

Children who spend time at camp this summer may bring home more than a sack of dirty laundry. According to the National Pediculosis Association (NPA), head lice is now endemic among youngsters.

Lice live and lay eggs (called nits) in the scalp and hair, and spread by head-to-head contact or by shared gear, such as combs, hats or headphones. Itching—especially around the ears and nape of the neck—is the most common sign, although some people have no symptoms at all. You can only be sure by examining the scalp for the grayish-white oval nits that attach themselves to hair shafts.

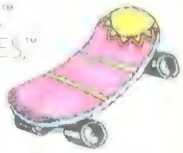
Always check with your doctor or pharmacist if you suspect a family member has head lice. You'll probably be told to:

- Wash hair with a special OTC shampoo, cream or lotion. The NPA advises against using prescription shampoos containing the pesticide lindane, as these are potentially toxic.
- After treatment, remove nits clinging to hair with the comb that comes with the product (or with fingernails).
- Soak brushes and combs in very hot water, and use hot settings to launder recently used clothing, bed linens and towels.
- Vacuum items that cannot be washed or store them at room temperature in a tightly sealed plastic bag for two weeks.
- Also vacuum carpets, pillows, mattresses, upholstered furniture, car seats and stuffed animals. —I.S.

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Introducing JOHNSON'S NO MORE OUCHIES.™
The new first aid pain-relieving antiseptic spray that takes the ouch out of your child's minor cuts, scrapes and scratches fast. And makes treating them a lot less scary, too. Unlike messy creams and ointments, the non-aerosol pump spray means you don't have to touch your child's ouchies to make them better. All in all, it's great news for kids. And for parents like you. Look for NO MORE OUCHIES in the First Aid Section of your store, and try new JOHNSON'S NO MORE ITCHIES,™ NO MORE GERMIES,™ and NO MORE BURN,™ too.



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Put some

what in their what?!



GOOD SPORTS

5 rules of the game to make every child a winner

BULLETIN! SAFE KIDS Week is May 22 to 29, the culmination of SAFE KIDS America: a nationwide series of workshops and community activities. To find out what's happening near you, call the National SAFE KIDS Campaign at 202-939-4993.

The good news: More kids are signing up for organized sports today than did any previous generation. The bad news: They are dropping out of these sports programs in record numbers.

"Children start with a burst of enthusiasm, but by the time they're fifteen, seventy-five percent of kids who have ever played a sport have dropped out of it," notes Vern D. Seefeldt, Ph.D., director of the Youth Sports Institute at Michigan State University. Why is the dropout rate skyrocketing?





In a study of public-school children across the country, Seefeldt and his associates found the answer was astonishingly simple: Playing sports just wasn't a whole lot of fun anymore.

"Kids complained that coaches were too critical and the practices too long and boring," says Seefeldt.

What can parents do to make their child's sports experience a positive one?

1. Investigate the philosophy of the league or sports organization before you sign up. Is the focus on competition and trophies? (Communities often have many organized sports teams. Some are recreational—anyone who signs up can play. These tend to be less competitive than the travel, or try-out, leagues, for which players are chosen.) Is that emphasis consistent with your own beliefs? With your child's? "Children by nature want to play, but not all children want to compete," notes Fred Engh, president and founder of the National Youth Sports Coaches Association. "If your child doesn't like the stress of competition, steer him toward noncompetitive activities: hiking, biking, swimming, running.

2. Tune in to your child's developmental level and encourage programs that are appropriate to it. In the early years—say, ages five through ten—a program should concentrate on helping each child improve her individual skill level, whatever that level may be. "Kids want to be able to do something that they haven't been able to do before," notes Seefeldt. "To dribble the basketball, control a soccer ball, swim the length of the pool by himself—that's exhilarating."

3. Ask about the length of the sports season or lesson. Two to three practices a week, an hour or less each, are sufficient for youngsters under age ten. Anything more and they're overtraining, says Seefeldt.

4. Check out the reputation of the coach. In the best of all possible worlds, coaches would be certified, and in some cases (notably soccer) they are beginning to be. But until such requirements are standardized, talk to parents of other kids in the league to find out what the coach is like. Does he know every kid by name within the first practice or two? Does he talk to players like they're kids or bark orders like they're pros? Does he rotate players during a game so everyone gets to play with everyone else, or does he send in the bad players only at the end of the inning or game (a painfully obvious practice to kids as well as adults)? Above all, are the kids having fun? Attend several practices to make sure the coach is doing what he promises. If you feel your child's coach could use some training, call the National Youth Sports Coaches Association at 800-729-2057. They'll take it up with the league.



5. Point out to your child how much progress she's making in her sport. Instead of just asking the score, ask, "Did you have fun?" Be happy when they win, of course, but praise personal accomplishments, too: Remind him that last year he could barely dribble the basketball; now he's making it the length of the court.

—MARGERY D. ROSEN



Timeless appeal, expert craftsmanship, only $59.95

Timmy has been quietly playing in his toy-filled room since dinner. As his eyes become heavy with sleep, he decides he better go find Mommy. He pitter-patters down the steps, finds her in her favorite chair, then says in his most concerned voice, "M-o-m-m-y, I'm sleepy."

"Mommy, I'm Sleepy" by artist Kathy Barry-Hippensteel, is the first issue in *I Want My Mommy* — a heartwarming collection of porcelain dolls that portray the early relationship between toddlers and their "Mommies."

Timmy's head, arms, and legs are cast of fine bisque porcelain. With heavy, hand-set blue eyes, and his thumb near his mouth, Timmy's realistic pose will evoke your love. His rosy cheeks and puckered mouth are carefully hand-painted to capture the flushed look of a tired toddler. His expertly sculpted fingers can be posed so one hand holds his blanket while the other hand "tugs" at his ear.

Recommended by the Ashton-Drake Galleries, "Mommy, I'm Sleepy" is certified *Premiere Grade* — your assurance of superior artistry and craftsmanship. As an heirloom-quality doll with exceptional credentials, he may be a wise investment as well.

Bring home this endearing little boy and tuck him into bed for only $59.95. But hurry... "Mommy, I'm Sleepy" is issued in an exclusive, hand-numbered edition ending forever in 1993, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

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Playing it **SAFE**

Tips for your kids, your baby-sitter, yourself

Doctors call it the trauma season, and for good reason. According to the National SAFE KIDS Campaign—a grass-roots organization for childhood-injury prevention with major funding from Johnson & Johnson—the number of kids who are hurt every year in accidents increases by 50 percent in warm-weather months. Most injuries occur when kids are playing; and most happen at home.



"Many parents have an it-won't-happen-to-my-kid mentality," says C. Everett Koop, M.D., the former Surgeon General and now chairman of the National SAFE KIDS Campaign, "but the fact is, accidental injury is the number-one threat to a child's health."



Playing safe really is about basic safety rules. "Watch a pilot in the cockpit," says Koop. "No matter how many times he's flown, he has a checklist. You have to have one, too, and look at every possible danger, every time."

WHEN THEY'RE SWIMMING Never take your eyes off a child in the water. Toddlers can drown in an inch of water, and it doesn't matter if it's in a wading pool, fish pond or a bucket of water you're using to wash the car; if the phone rings while you're outside, don't even think about answering it unless you take your child with you. Are your kids three-plus years? Then they're ready for swimming lessons. Older children, even those who can swim, should never do so alone or in unsupervised areas.



WHEN THEY CROSS THE STREET Just because they looked both ways doesn't mean they'll cross safely. Most kids under the age of nine or ten are simply unaware that they have to *keep* looking both ways as they cross. Koop says that kids also tend to think that if they see a car, the driver can see them. They're unable to judge how close a car is and how fast it is moving.



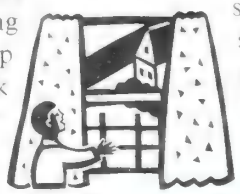
WHEN THEY'RE SKATEBOARDING Kids should be at least five years old before they even try it, says The American Academy of Pediatrics, and they should always ride on smooth surfaces. Skateboarders should wear helmets and elbow, knee and wrist pads (ditto for skaters). A study from Johns Hopkins School of Public Health found almost a threefold increase from 1991 to 1992 in the number of injuries from falls taken during in-line skating.

WHEN BIKING For less than $40, you can buy a lightweight helmet that bears the Snell or ANSI sticker (look inside), meaning it meets basic safety standards. Kids under nine should ride only in the playground or on sidewalks, never in the street. Older kids must follow the rules of the road: Ride with the traffic, walk a bike across every intersection, and stop before entering a street. Are they wearing a radio or cassette headset while they're riding? Tell them to take it off.



AT THE PLAYGROUND If equipment is rusty or broken, find another place to play. Since the most frequent accidents are falls, focus on the playground surface. It should be made of shredded mulch, sand, pebbles, rubber mats or wood chips, not concrete or asphalt.

—M.D.R.



when does a cut need stitches?

Most don't. But if a cut looks deep, is more than a half inch long, or has ragged edges, see a doctor. Ditto for any wound on the face that might lead to scarring, any puncture wound, and any cut that subsequently becomes swollen or infected.



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Prescribing Information as of January 1993

SELDANE-D

(terfenadine and pseudoephedrine hydrochloride)

Extended-Release Tablets

WARNING BOX

QT INTERVAL PROLONGATION/VENTRICULAR ARRHYTHMIA

RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS, INCLUDING DEATH, CARDIAC ARREST, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS, HAVE BEEN OBSERVED IN THE FOLLOWING CLINICAL SETTINGS, FREQUENTLY IN ASSOCIATION WITH INCREASED TERFENADINE LEVELS WHICH LEAD TO ELECTROCARDIOGRAPHIC QT PROLONGATION.

1. **CONCOMITANT ADMINISTRATION OF KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX)**
2. **OVERDOSE, INCLUDING SINGLE TERFENADINE DOSES AS LOW AS 360 MG**
3. **CONCOMITANT ADMINISTRATION OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN**
4. **SIGNIFICANT HEPATIC DYSFUNCTION**

TERFENADINE IS CONTRAINDICATED IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, ERYTHROMYCIN, CLARITHROMYCIN, OR TROLEANDOMYCIN, AND IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION.

DO NOT EXCEED RECOMMENDED DOSE.

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING TERFENADINE SHOULD LEAD TO DISCONTINUATION OF TREATMENT AND FULL EVALUATION OF POTENTIAL ARRHYTHMIAS.

(See CONTRAINDICATIONS, WARNINGS, CLINICAL PHARMACOLOGY, AND PRECAUTIONS, DRUG INTERACTIONS.)

DESCRIPTION

SELDANE-D (terfenadine and pseudoephedrine hydrochloride) Extended Release Tablets are available for oral administration.

Each tablet contains 60 mg terfenadine and 120 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 120 mg pseudoephedrine hydrochloride in an extended-release core. Tablets also contain as inactive ingredients: colloidal silicon dioxide, ethylcellulose, glycerin, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polysorbate 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide, and zinc stearate.

INDICATIONS AND USAGE

SELDANE-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of SELDANE (terfenadine) and the nasal decongestant activity of pseudoephedrine hydrochloride are desired (see CLINICAL PHARMACOLOGY).

SELDANE-D has not been studied for effectiveness in relieving the symptoms of the common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF SELDANE-D WITH KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX) IS CONTRAINDICATED. SELDANE-D IS ALSO CONTRAINDICATED IN PATIENTS WITH DISEASE STATES OR OTHER CONCOMITANT MEDICATIONS KNOWN TO IMPAIR ITS METABOLISM, INCLUDING SIGNIFICANT HEPATIC DYSFUNCTION AND CONCURRENT USE OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN. QT PROLONGATION HAS BEEN DEMONSTRATED IN SOME PATIENTS TAKING TERFENADINE IN THESE SETTINGS, AND RARE CASES OF SERIOUS CARDIOVASCULAR EVENTS, INCLUDING DEATH, CARDIAC ARREST, AND TORSADES DE POINTES, HAVE BEEN REPORTED IN THESE PATIENT POPULATIONS. (See WARNINGS and PRECAUTIONS, Drug Interactions.)

SELDANE-D is contraindicated in nursing mothers, patients with severe hypertension or severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

WARNINGS

Terfenadine undergoes extensive metabolism in the liver by a specific cytochrome P-450 isoenzyme. This metabolic pathway may be impaired in patients with hepatic dysfunction (alcoholic cirrhosis, hepatitis) or who are taking drugs such as ketoconazole, itraconazole, or clarithromycin, erythromycin, or troleandomycin (macrolide antibiotics), or other potent inhibitors of this isoenzyme. Interference with this metabolism can lead to elevated terfenadine plasma levels associated with QT prolongation and increased risk of ventricular tachyarrhythmias (such as torsades de pointes, ventricular tachycardia, and ventricular fibrillation) at the recommended dose. SELDANE-D is contraindicated for use by patients with these conditions (see WARNING BOX, CONTRAINDICATIONS, and PRECAUTIONS, Drug Interactions).

Other patients who may be at risk for these adverse cardiovascular events include patients who may experience new or increased QT prolongation while receiving certain drugs or having conditions which lead to QT prolongation. These include patients taking certain antiarrhythmics (bepridil, certain psychotropics, probucol, or astemizole), patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia, or taking diuretics with potential for inducing electrolyte abnormalities, and patients with congenital QT syndrome. SELDANE-D is not recommended for use by patients with these conditions.

The relationship of underlying cardiac disease to the development of ventricular tachyarrhythmias while on SELDANE-D therapy is unclear; nonetheless, SELDANE-D should also be used with caution in these patients.

Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Use in Elderly

The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS

General

SELDANE-D should be used with caution in patients with diabetes, hypertension, cardiovascular disease, and hyperreactivity to ephedrine.

Information for Patients

Patients taking SELDANE-D should receive the following information and instructions. Patients should be advised to take SELDANE-D only as needed and NOT TO EXCEED THE PRESCRIBED DOSE. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, clarithromycin, erythromycin, or troleandomycin. Patients should be advised to consult the physician before concurrent use of other medications with terfenadine. Patients should be questioned about pregnancy or lactation before starting SELDANE-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture, or direct sunlight and away from children.

Drug Interactions (see CONTRAINDICATIONS)

Monoamine oxidase (MAO) inhibitors and beta-adrenergic agonists increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines.

Care should be taken in the administration of SELDANE-D concomitantly with other sympathomimetic amines because combined effects on the cardiovascular system may be harmful to the patient.

Ketoconazole

Spontaneous adverse reaction reports of patients taking concomitant ketoconazole with recommended doses of terfenadine demonstrate QT interval prolongation and rare serious cardiac events, e.g., death, cardiac arrest, and ventricular arrhythmia including torsades de pointes. Pharmacokinetic data indicate that ketoconazole markedly inhibits the metabolism of terfenadine, resulting in elevated plasma terfenadine levels. Presence of unchanged terfenadine is associated with statistically significant prolongation of the QT and QTc intervals. **Concomitant administration of ketoconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Itraconazole

Torsades de pointes and elevated parent terfenadine levels have been reported during concomitant use of terfenadine and itraconazole in clinical trials of itraconazole and from foreign post-marketing sources. One death has also been reported from foreign post-marketing sources. **Concomitant administration of itraconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Due to the chemical similarity of other azole-type antifungal agents (including fluconazole, metronidazole, and miconazole) to ketoconazole and itraconazole, concomitant use of these products with SELDANE-D is not recommended pending full examination of potential interactions.

Macrolides

Clinical drug interactions studies indicate that erythromycin and clarithromycin can exert an effect on terfenadine metabolism by a mechanism which may be similar to that of ketoconazole, but to a lesser extent. Although erythromycin measurably decreases the clearance of the terfenadine acid metabolite, its influence on terfenadine plasma levels is still under investigation. A few spontaneous accounts of QT interval prolongation with ventricular arrhythmia including torsades de pointes have been reported in patients receiving erythromycin and troleandomycin.

Concomitant administration of SELDANE-D with clarithromycin, erythromycin, or troleandomycin is contraindicated (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Pending full characterization of potential interactions, concomitant administration of SELDANE-D with other macrolide antibiotics, including azithromycin, is not recommended. Studies to evaluate potential interaction of terfenadine with azithromycin are in progress.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No studies have been conducted to evaluate the carcinogenic potential of SELDANE-D.

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

Pregnancy Category C

The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wavy ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well-controlled studies in pregnant women. SELDANE-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers (see CONTRAINDICATIONS)

Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

Pediatric Use

Safety and effectiveness of SELDANE-D in children below the age of 12 years have not been established.

ADVERSE REACTIONS

Cardiovascular Adverse Events

With terfenadine: rare reports of severe cardiovascular adverse effects have been received which include ventricular tachyarrhythmias (torsades de pointes, ventricular tachycardia, ventricular fibrillation, and cardiac arrest), hypotension, palpitations, syncope, and dizziness. Rare reports of deaths resulting from ventricular tachyarrhythmias have been received (see CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS, Drug Interactions). Hypotension, palpitations, syncope, and dizziness could reflect undetected ventricular arrhythmia. IN SOME PATIENTS, DEATH, CARDIAC ARREST, OR TORSADES DE POINTES HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. (See WARNING BOX.) Rare reports of serious cardiovascular adverse events have been received, some involving QT prolongation and torsades de pointes, in apparently normal individuals without identifiable risk factors; there is not conclusive evidence of a causal relationship of these events with terfenadine. Although in rare cases there was measurable plasma terfenadine, the implications of this finding with respect to the variability of terfenadine metabolism in the normal population cannot be assessed without further study. In controlled clinical trials in otherwise normal patients with rhinitis, small increases in QTc interval were observed at doses of 60 mg b.i.d. In studies at 300 mg b.i.d., a mean increase in QTc of 10% (range: -30%) (mean increase of 46 msec) was observed.

General Adverse Events

In double-blind, parallel, controlled studies in over 300 patients in which SELDANE-D was compared to extended-release pseudoephedrine, adverse reactions reported for greater than 1% of the patients receiving SELDANE-D were not clinically different from those reported for patients receiving pseudoephedrine (see Table below).

Frequently (>1%) Reported Adverse Events for SELDANE-D in Double-blind, Parallel, Controlled Clinical Trials*

	Percent of Patients Reporting		
Adverse Event	SELDANE-D (N=374)	Pseudoephedrine (N=287)	Placebo (N=
Central Nervous System			
Insomnia	25.9	26.8	
Headache	17.4	17.1	
Drowsiness/Sedation	7.2	4.9	
Nervousness	6.7	8.4	
Anorexia	3.7	3.8	
Fatigue	2.1	1.4	
Restlessness	2.1	1.0	
Irritability	1.1	0.0	
Disorientation	1.1	0.0	
Increased Energy	1.1	0.0	
Hyperkinesia	1.1	1.0	
Autonomic			
Dry Mouth/Nose/Throat	21.7	21.3	
Blurring of Vision	1.1	0.3	
Gastrointestinal			
Nausea	4.5	6.6	
Skin			
Rash	1.1	0.0	
Cardiovascular			
Palpitations	2.4	3.8	
Allergy Symptoms			
Sore Throat	1.9	1.7	
Cough	1.6	0.3	
Other			
Infection, Upper Respiratory	1.3	2.4	
Taste Alterations	1.1	1.0	

*SELDANE-D B.I.D., pseudoephedrine 120 mg B.I.D.

Pseudoephedrine may cause ephedrine-like reactions such as tachycardia, palpitations, headache, dizziness, or nausea. Sympathomimetic drugs have also been associated with certain untoward reactions including fear, anxiety, tenseness, restlessness, tremor, weakness, dyspnea, respiratory difficulty, dysuria, insomnia, hallucinations, convulsions, cardiac depression, arrhythmias, and cardiovascular collapse with hypotension. In controlled clinical trials with terfenadine using the recommended dose of 60 mg b.i.d., the incidence of adverse events in patients receiving terfenadine was similar to that reported in patients receiving placebo. These effects included:

Central Nervous System: Drowsiness, headache, fatigue, dizziness, nervousness, weakness, appetite increase.

Gastrointestinal System: Abdominal distress, nausea, vomiting, change in bowel habits.

Eye, Ear, Nose and Throat: Dry mouth, nose, throat, cough, sore throat, epistaxis.

Skin: Eruption (including rash and urticaria) or itching.

Also reported spontaneously during the marketing of terfenadine were alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, rapid flare of psoriasis, seizures, sinus tachycardia, sweating, thrombocytopenia, tremor, urinary frequency, and visual disturbances.

Also in clinical trials, several instances of mild or, in one case, moderate transaminase elevations were seen in patients receiving terfenadine. Such elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis, and hepatitis. In most cases available information is incomplete.

OVERDOSAGE

Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION

Adults and children 12 years and older: one tablet swallowed whole morning and night.

USE OF DOSES IN EXCESS OF ONE TABLET B.I.D. IS NOT RECOMMENDED BECAUSE OF THE INCREASED POTENTIAL FOR QT INTERVAL PROLONGATION AND ADVERSE CARDIAC EVENTS. (See WARNING BOX.) USE OF SELDANE-D IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION AND IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN IS CONTRAINDICATED. (See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS, Drug Interactions.)

HOW SUPPLIED

SELDANE-D Tablets containing 60 mg of terfenadine and 120 mg pseudoephedrine hydrochloride in an outer press-coat for immediate release and 120 mg of pseudoephedrine hydrochloride in an extended-release core are supplied as follows:

NDC 0068-0722-61: Bottles of 100 tablets.

Tablets are white to off-white, biconvex capsule-shaped, debossed "SELDANE-D". Store at controlled room temperature (59-86°F) [15-30°C]. Protect from moisture.

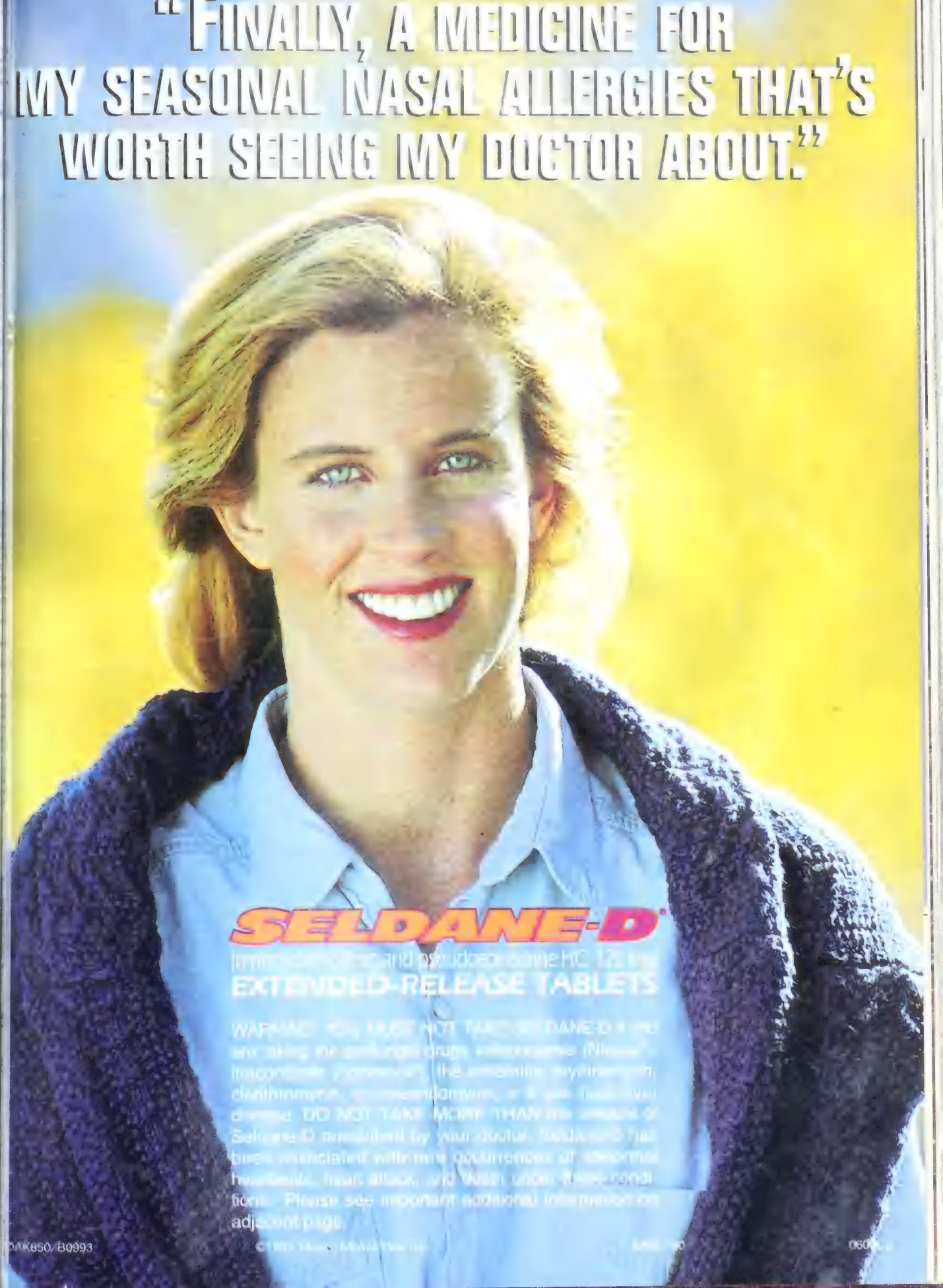
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U.S. Patents 3,878,217; 4,929,605; 4,996,061; 4,254,129

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warm-weather alert: FOOD POISONING

Summer is a fine time for lazy picnics and sizzling barbecues. It's also prime time for food poisoning. But tainted food can do more than spoil a good meal: It can be deadly.

"Those most threatened by the effects of food-borne illness are young children, the elderly and people with impaired immune systems or chronic illnesses," says Susan Conley, manager of the meat and poultry hot line at the United States Department of Agriculture (USDA). Here's what the experts recommend to keep your family safe from food-borne illness throughout the year:

■ Wash your hands before and after handling food and especially after using the bathroom. Clean all surfaces that come into contact with raw fish, meat or poultry immediately so that they do not contaminate other food products.

■ Thaw food in the refrigerator (never on the counter) completely before cooking.

(continued)

ORGANISM	FOODS	SYMPTOMS	PREVENTION
CAMPYLOBACTER JEJUNI	Raw or undercooked poultry, unpasteurized milk, untreated water	Onset: 2 to 10 days after eating. Fever, headaches and muscle aches, diarrhea (sometimes bloody), stomach pain, nausea	Thoroughly cook poultry. Clean hands, utensils and all surfaces in contact with raw poultry.
CLOSTRIDIUM BOTULINUM (Botulism)	Home-canned foods, foods left out overnight, such as baked potatoes in foil	Onset: 12 to 48 hours after eating. *Can be deadly without treatment.* Dry mouth, double vision, difficulty focusing, droopy eyelids; trouble speaking, swallowing, breathing. Also nausea, vomiting, stomach cramps, diarrhea	Follow guides for home canning. Don't eat food from dented or damaged cans. Keep cooked foods hot at 140°F. or above, and cold foods at 40°F. Reheat leftovers to 165°F. or above.
CLOSTRIDIUM PERFRINGENS (the "cafeteria" germ)	Roasts, meat products, poultry left at room temperature for longer than two hours	Onset: 9 to 15 hours after eating. Diarrhea, stomach pains, vomiting, fever	Keep cooked foods above 140°F. during serving; cool at 40°F. or below.
ESCHERICHIA COLI 0157 (E. coli)	Raw or rare ground beef, very rare roast beef, unpasteurized milk	Onset: 3 to 4 days after eating. Severe stomach cramps, bloody diarrhea, nausea, vomiting. Often requires hospitalization. *Can cause death.*	Thoroughly cook meat. Don't drink unpasteurized milk.
HEPATITIS A	Shellfish (oysters, clams, mussels, scallops) from polluted water.	Onset: 2 to 6 weeks after eating. Appetite loss, nausea, vomiting, lethargy. Patient may develop jaundice with darkened urine. Severe cases can cause liver damage and death.	Thoroughly cook shellfish. Wash hands after using bathroom.
LISTERIA MONOCYTOGENES	Raw and processed meat, pâté, raw seafood, coleslaw, soft cheese, unpasteurized milk and cheese made from it	Onset: Several days to 2 to 6 weeks after eating. Fever, chills, headache, vomiting, diarrhea. Can cause miscarriages and stillbirths. In infants: respiratory distress, refusal to drink, vomiting. *Potentially fatal.*	Avoid unpasteurized milk products. Don't use products past expiration date. Thoroughly reheat frozen or refrigerated processed meat and poultry products.
SALMONELLA	Raw or undercooked meats, poultry, eggs, unpasteurized milk	Onset: 6 to 48 hours after eating. Stomach pain, diarrhea, nausea, chills, fever, headache	Thoroughly cook all foods. Clean hands, utensils and all surfaces that touch raw meat, poultry or eggs.
SHIGELLA	Cold mixed salads—potato, macaroni, egg, meat—dairy products and contaminated water	Onset: 1 to 6 days after eating. Stomach cramps, vomiting, bloody diarrhea, fever. Serious illness in infants, elderly and ill people	Don't let food sit out too long at room temperature. Wash hands after using bathroom.
STAPHYLOCOCCUS AUREUS (Staph)	Cooked ham, poultry, salads, cream-filled pastries	Onset: 30 minutes to 8 hours after eating. Stomach pain, nausea, vomiting, diarrhea, fever, chills, headache, weakness, dizziness	Wash hands before preparing food. Promptly cover and refrigerate cooked food.
VIBRIO	Warm-water shellfish	Onset: Within 7 days after eating. Mild to severe watery diarrhea. Occasionally, high fever, chills, skin blisters. People with liver disease may require hospitalization.	Avoid raw shellfish, especially if you have liver disease or an impaired immune system.

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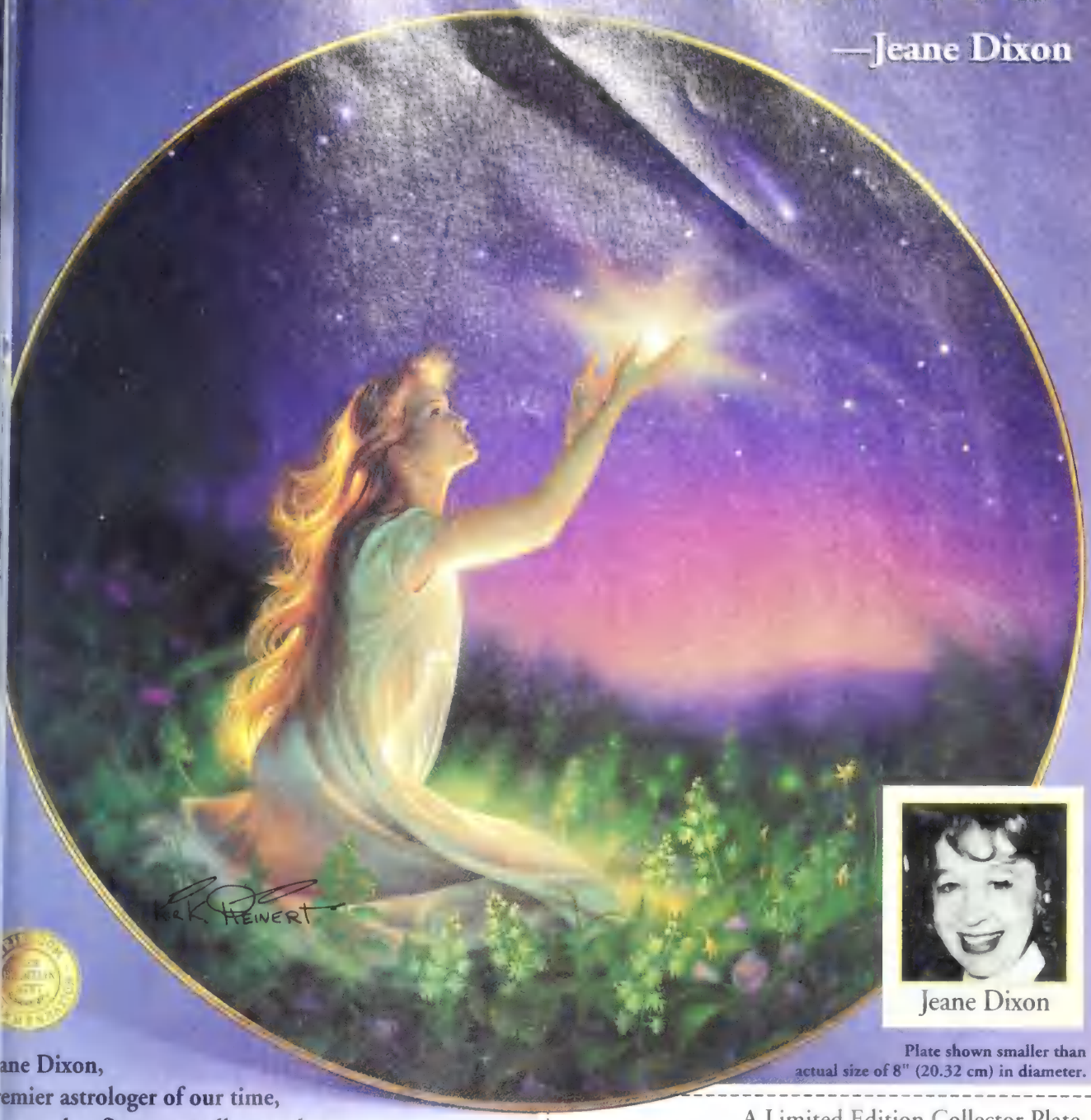
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FOOD POISONING
continued

■ Do not let prepared food sit out for more than two hours (one hour in hot weather).

■ To inhibit bacterial growth, cook foods to 160°F. and refrigerate in small containers at 40°F. or below; freeze foods at 0°F.

■ When preparing beef at home or when eating out, make sure it's well done. And make sure hot foods are served *hot*, says Rob Quick, medical epidemiologist with the Centers for Disease Control and Prevention in Atlanta.

■ If you are hiking or camping, don't drink water from ponds or streams (no matter how crystal clear), and do not sample unpasteurized milk on field trips to farms.

■ If you suspect food poisoning (symptoms include vomiting, stomach pain, or sometimes severe or bloody diarrhea), get medical attention immediately. If possible, save and label a sample of the suspected food. If it's meat or poultry, report it to the USDA's meat and poultry hot line (800-535-4555). The USDA can also answer questions on food safety.

■ If a number of people get sick after eating at a commercial establishment, inform your state health department.

—ILENE SPRINGER





DEFENSIVE MOVES:
How to avoid common athletic injuries

Both sprains and strains, which abound during this season, result from a single burst of exertion, such as sprinting. They may also occur in collision sports—soccer and football—where there are rapidly changing movements.

"The pain is usually sudden, and when it happens you know it," says Robert Cantu, M.D., neurosurgeon and president of the American College of Sports Medicine.

Overuse injuries usually sneak up gradually—tennis elbow, for example. "If you don't give the muscles time to heal, you'll have pain even when you're not playing," explains John Duncan, Ph.D., associate director of exercise physiology at the Cooper Institute for Aerobics Research, in Dallas, Texas.

Here are the experts' tips for preventing these injuries:

■ Warm up for five to ten minutes by putting your joints and muscles through the same range of motions involved in your actual activity. For example, runners should start off by jogging slowly, and tennis players should practice all their swings easily at first, then progressively harder.

■ Increase the frequency, intensity or duration of your exercise by only 5 to 10 percent a week.

■ If you're seriously participating in one sport, it's advisable to select a shoe designed for it, says Glenn Gastwirth, D.P.M., deputy executive director of the American Podiatric Medical Association, in Bethesda, Maryland. Cross-training shoes suffice for running, aerobics and tennis. Running and walking shoes are designed for the forward motion associated with those activities, but their construction is not acceptable for the lateral movement in sports such as tennis and racquetball.

—I.S.

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Rx: Someone to lean on



The evidence is stacking up: A social network—bonds with family and friends—plays a vital role in our well-being. Several new studies show that positive relationships can aid recovery from illnesses, including cancer, stroke and heart attack. Here, some of the latest findings on this intriguing link between mind and body:

■ Patients with localized breast, lung or colorectal cancer were more likely to survive if they had strong, supportive relationships, according to research conducted at the University of Southern California School of Social Work, in Los Angeles. "Being cared about and having a sense of belonging is a primary human need," says Kathleen Ell, D.S.W., who headed the team of researchers. "In our study, even when people were very distressed about their illness, having ties to people they could rely on made a difference."

■ Researchers at the Yale University School of Medicine, in New Haven, Connecticut, studied elderly men and women who had heart attacks. They found that those who had no one to turn to for consolation and advice had almost twice the risk of death as those with a support system of two or more people.

■ A recent study by scientists at Duke University, in Durham, North Carolina, showed that stroke victims who had close bonds with friends and relatives recovered faster and more completely. "I would go as far as saying that social isolation should be regarded as a risk factor for poor recovery from a stroke," says medical sociologist Thomas A. Glass, Ph.D. (now at Yale University), lead author of the report.

What accounts for the healing power of interpersonal bonds? Experts theorize that people who know that someone cares for them may take better care of themselves. Or the love of family and friends may actually have a physical effect, mitigating the damage caused by stress hormones that can interfere with the immune system and cause health problems.

—NADIA ZONIS

MIGRAINE update

People who endure punishing migraine headaches may find relief from two new medications:

■ The Food and Drug Administration has just approved Imitrex (sumatriptan succinate), the first treatment that can eliminate all migraine symptoms—pain, nausea, vomiting, and light and sound sensitivity—even after an attack is in progress (current medications must be taken at the first sign of a migraine). Administered by self-injection, Imitrex constricts blood vessels that are dilated during an attack. Studies on more than six thousand people found that the drug relieved migraine pain within an hour in 70 percent. Side effects were minimal.

■ Glen Solomon, M.D., and his colleagues at the Cleveland Clinic Foundation treated 23 chronic migraine sufferers with the prescription drug flurbiprofen (a chemical cousin of ibuprofen), which is now used to treat arthritis. They found that two tablets a day shortened attacks and made them less severe, less frequent and less intense. The most common side effect was stomach upset. —SALLY SQUIRES

A cure for CYSTIC FIBROSIS?

Human-gene therapy trials scheduled to begin this year for the hereditary disease cystic fibrosis (CF) could lead to a cure for this lethal condition, scientists say. CF is caused by a defective gene that triggers excess mucus in the lungs and other organs, which leaves sufferers vulnerable to chronic, debilitating bacterial infections. Due to the gradual weakening of lung tissue, most people with CF die before they reach thirty.

But now scientists at the National Heart, Lung, and Blood Institute (NHLBI), in Bethesda, Maryland, the University of Iowa, in Iowa City, and the University of Pennsylvania, in Philadelphia, have piggybacked healthy copies of the defective gene onto a harmless cold virus. Once this mixture is sprayed into patients' airways, the virus will carry the genes directly to lung cells. Ronald G. Crystal, M.D., chief of the pulmonary branch of the NHLBI, says it is hoped that the fresh genes will affect respiratory tract cells, correcting the mucus buildup. —JOAN LIPPERT

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WHY WE DON'T GET PAID what we're worth



It's been thirty years since a law was passed requiring men and women to be paid the same salaries for the same work. So why aren't we doing better? By Marilyn Webb

Frantic phone calls come in regularly to the New York City Police Department's 911 switchboard. And when they do, the dispatchers there mobilize the real-life version of TV's *Rescue 911*.

Most of the emergencies they respond to are routine: fires, car crashes, bomb scares, street muggings and medical crises. But sometimes, the 911 dispatchers have to switch into higher gear. Once, they spent six hours coordinating emergency operations after a thirty-five-ton crane toppled on a woman who'd been walking past a construction site. "We saved her life," says Linda Scotti, a 911 supervisor at the time.

As Scotti sees it, the work requires a high level of responsibility. So, when she learned that dispatchers at the city's fire department were earning higher salaries than the 911 workers, she was outraged. After all, their jobs were nearly identical. "The only difference was that our department was ninety percent female and the fire department was ninety percent male," she says.

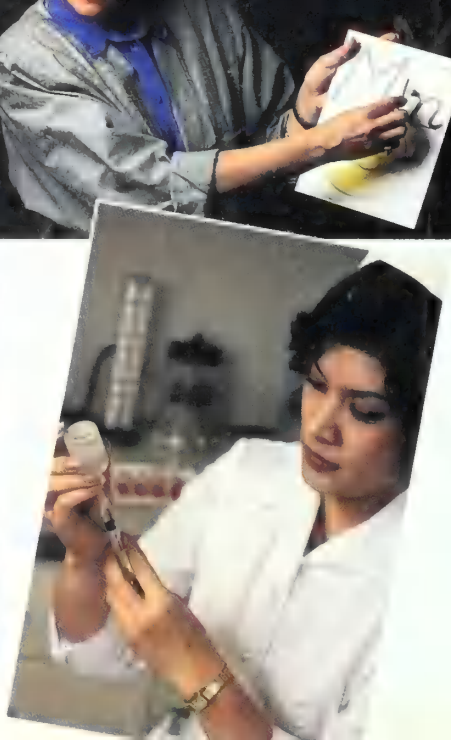
When she first became aware of the difference in 1981, Scotti says the starting salary for 911 workers was $19,000 a year; for fire dispatchers, it was $24,000. The gap grew larger higher up the salary scale.



Armed with those figures, Scotti rallied her coworkers. Thwarted in their efforts to change things internally, they contacted an attorney. In 1989, the parties reached an out-of-court settlement. The 911 workers ended up with eight years of back pay, and a raise that brought their hourly wage to an equal level.

"The average person's salary went up a minimum of $5,000, some much more," Scotti says happily.

This month marks the thirtieth anniversary of the Equal Pay Act of 1963, a federal law that makes it illegal for employers to pay women less than men for equal *(continued on page 114)*




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Why we don't get paid

from page 110

And it's been nearly as long since ...of the 1964 Civil Rights Act made ...ployment laws more stringent.

... as Scotti's experience shows, women are still fighting an uphill battle for fair wages. "A generation of workers has been born, gone to school, gotten married and had children, and it still isn't equal," says Susan Bianchi-Sand, executive director of the National Committee on Pay Equity, in Washington, D.C.

According to the latest U.S. Census figures, full-time working women make only 70 percent of what men do. That's not much of an increase over the 60 percent of male salaries that women were earning when the equal-pay law took effect. And the increase has come only in the past fourteen years.

Actually, the complete picture is probably even grimmer than the official numbers suggest. These census figures are based on full-time employment, and many women work on a part-time or temporary basis. "Part-time employees are not covered by the Equal Pay Act or any equal-pay legislation," says Ellen Bravo, national director of 9to5, the National Association of Working Women, based in Cleveland, Ohio. "We see pay equity here as one of the goals for the 1990s."

Explaining the gap

Why, if laws have been around for so long, are women still not getting equal pay? There are many reasons: There are big gaps in the laws, and the ones that exist aren't stringently enforced. Beliefs prevail that a woman's job isn't crucial to family survival. Cultural conditioning causes many women to devalue their work and not demand more. "We have to recognize that law doesn't change attitudes," says Bianchi-Sand. "The myth is that women's work isn't important, that it's just extra."

Even if it was ever true that women worked for "pin money," that's hardly the case anymore. Studies repeatedly show that most women who work do so because they need the income.

Unfortunately, though, most women work in jobs that don't pay as well as jobs in male-dominated fields. Sixty-two percent of women hold secretarial or clerical positions or work in the sales or service fields, according (continued)

GETTING YOUR FAIR SHARE

What can we do to ensure that we're paid what we're worth? A lot, say advocates for women's pay equity. Here's their advice:

How to get the raise you deserve: Stay informed about what's going on at your workplace and in your field, says 9to5, the National Association of Working Women. Find out about your employer's pay-raise policy. Does the company have anything in writing? Are raises given arbitrarily or yearly on your anniversary of employment? Compare notes with coworkers. How big are pay increases? If you can, learn about companies similar to yours. Contact the U.S. Bureau of Labor Statistics (see number, below right) for average wage figures for selected types of work in your geographical area.

Don't be timid when it comes to asking for more money. "Know your worth, and be confident of it," says Karen Nussbaum, executive director of 9to5. Find out what a cost-of-living raise would equal (also available from the Bureau of Labor) and consider that a starting point. You can push for more by presenting your employer with a specific list of your accomplishments, ways you've helped your company and new skills that you've acquired. "Be assertive and be persistent," Nussbaum says.

How to push for a promotion: If your company has formal routes for advancement, such as job postings or career-development programs, be aware of them and use them to your benefit. Take advantage of any training opportunities, including tuition reimbursement for outside courses. Whenever promotions are posted, apply for appropriate ones to show you're eager to move up.

It helps to pursue informal routes, too. Learn—and follow—the unwritten rules of your workplace, such as appropriate dress; what time people arrive and leave; and how memos are used. Don't isolate yourself. Cultivate support groups, networks, mentors and people above you who have clout.

What to do if there's an inequity problem: If you suspect there's a wage gap between men and women at your workplace, first gather as much information as you can. It's easiest if you're a union member or government worker, according to the National Committee on Pay Equity. Access to salaries of people on the public payroll is open, and union leaders can tell members about pay scales. You'll have a harder time if you work for a private company, but talk to coworkers and former employees to learn as much as possible.

If you discover there is cause for complaint, find out if your company or union has a formal grievance procedure. Use it as your first line of defense. If none exists—or it's not satisfactory—find out how to use your state's human-rights commission. You may also have to contact an attorney to seek redress.

Be aware, though, that you may be labeled a troublemaker if you stir things up. Still, you do have some protection: if you file a complaint with the federal Equal Employment Opportunity Commission (EEOC) and are fired because of this, the EEOC can force your employer to reinstate you.

Where to find help:

- If you feel you've been wronged on your job, you can file a complaint with appropriate state agencies or with the EEOC. To register a complaint, call 800-669-4000. For other EEOC information, call 800-669-3362.
- Employment data is available from the U.S. Bureau of Labor Statistics, Office of Publications, P.O. Box 215, Chicago, IL 60690; 312-353-1880. The quarterly pamphlet called "The Employment Cost Index," reflecting changes in wages and benefits, is available at no charge. The bureau also publishes the "Occupational Compensation Survey," which can help you determine salaries for selected types of work in your geographical area. Costs ranges from $1.75 to $6.50, depending on your location.
- For information on pay equity, contact the National Committee on Pay Equity, 1126 16th Street N.W., Suite 411, Washington, DC 20036; 202-331-7343. The committee provides extensive data on the wage gap in its fact sheets, and offers a "Grass Roots Action Kit" for groups seeking to challenge pay policies. The action kit is $10 and the fact sheets range from $2 to $5.
- For advice on any job problem, call the 9to5 Job Hotline from 10 A.M. to 4:00 P.M. EST, Monday to Friday: 800-522-0925.

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Why we don't get paid

...the U.S. Bureau of Labor Statistics. ...though those jobs may require ... level of training and responsi... a truck driver or a construc... worker, wages are considerably ... "Women's work has always been undervalued," says Bianchi-Sand.

Over the past decade, attempts have been made to correct this. Advocates have been promoting a "pay equity" system, whereby employers would be required by law to reevaluate salaries for jobs traditionally held by women: With an established formula as a guideline, each job would be allotted points on the basis of skill, experience and responsibility level. Salaries would be adjusted to compare with male-dominated jobs of an equal point value. (This is called "pay equity" and is not the same as "equal pay," which means identical wages for identical work.) Advocates believe that pay-equity policies would begin to close the gap between salaries in traditionally female and traditionally male fields.

Some suggest that another factor preventing women from getting equal pay is that women tend to take time off or to curtail their work schedules during their childbearing years. But advocates say that's not the reason. Most women reenter the workforce within the first six months after having children, says Heidi Hartmann, director of the Institute for Women's Policy Research, in Washington, D.C. In addition, she says that when women do take longer leaves, their salary levels jump right back very quickly after they return. The real culprits, she believes, are more insidious: discrimination and prejudice.

"Devastating, humiliating"

Prejudice hit Wilma Burton, fifty-five, of Neoga, Illinois, hard. For ten years, she had been the warranty administrator at Effingham Truck Sales, processing claims for tractor trailers that may have had defects. For most of that time, she was a divorced mother of five.

"Around January 1991, my boss called me in and said they wanted to hire another person, and wanted me to train him," Burton explains. She says the company hired a thirty-six-year-old man and paid him $7.60 an hour to start. Burton's hourly wage was $5.95. But she was also earning a commission on the warranties she administered. With that commission, Burton's earnings were roughly equal to the new man's.

Six months later, though, the man asked for more money. The boss decided he should get it, and told Burton that, in the future, all her earnings from the warranty commissions would have to be s... with the man, she says. "That wo... have meant reducing my annual incc... about $4,000 a year," Burton says. ... told her boss that if she had to split ... commissions, her hourly wage should... raised. It wasn't.

Frustrated, Burton resigned and ... another job. "I'm making $5,000 les... year in my new job, I lost my health c... erage and life-insurance policy, my va... tion was reduced from three weeks to ... week a year, and I have no profit shar... anymore," she says. Burton has file... lawsuit in federal court seeking comp... sation for her lost earnings.

Effingham Truck Sales denies the a... gations but refuses to comment furt... because, it says, the case is in litigation.

For Burton, the experience has b... traumatic. "It's not just the money. ... devastating, humiliating," she says. "... cept for losing my mother, this is ... worst thing that's ever happened to ... The women I know are the most lo... employees, and they're also the most u... derpaid. Someone had to say it was ... right, so why not me?"

As Burton knows well, it's difficult ... challenge the status quo. Though salar... of government workers are public inf... mation, there is no law requiring priv... employers to disclose what they pay ... employees, so it is often hard to ferret ...



differences. Lawsuits can be time-
suming and costly. And women who
things up risk losing their jobs.

Some avenues have been opened to
ke challenging unequal pay easier.
e federal Equal Employment Oppor-
ity Commission (EEOC), created in
4, allows workers to file complaints,
l, if evidence of discrimination is
nd, the EEOC sues the offending
npanies at public expense. But critics
the commission has not been very
ressive, particularly under the ad-
nistration of former President
nald Reagan.

Though complaints continued to pour
o the EEOC, the number that resulted
lawsuits dropped from seventy-nine in
0 to just two in 1992, the National
nmittee on Pay Equity reports.

Enforcement has also been weak in
er areas. Many states have created lo-
human-rights commissions, designed
near grievances. Those have varied in
ir effectiveness, but underfunding has
n a chronic problem.

good news

glimmer of hope is buried in all this
l news. Though we're not there yet,
men are slowly inching their way to-
d equal pay. And some important vic-
ies have been won. In recent years,
jor American corporations—IBM and AT&T among them—have implemented pay-equity policies.

And pay-equity laws have been adopted by six states. In Minnesota, some 8,500 state employees received pay raises averaging $2,200 a year after jobs were reevaluated.

For Mary Martin, forty-eight, that meant being able to buy her first house. "When my pay raise came through, I was really surprised," says Martin, a secretary in the state's education department. "Now I make $23,000 a year. That pay-equity adjustment allowed me to qualify [for a mortgage]."

Women have also begun making inroads into higher-paying professions traditionally dominated by men. And in younger age groups, the salary gap between genders appears to be narrowing. The Institute for Women's Policy Research, in Washington, D.C., reports that women aged twenty-five to thirty-four make 80 percent of what men make, compared to the 60 percent made by women in the forty-five to fifty-four age group. Some experts predict that, as these women grow older, they will maintain their gains.

Advocates are guardedly optimistic. "I'm always torn," says Hartmann. "Is the glass half empty or half full? If you're too negative, it doesn't mark our progress. So, it's not all better, but it's better than it was. And what we do know is this: Each generation of women has done better than the one before." ■

Marilyn Webb teaches journalism at Columbia University and is the former editor-in-chief of Psychology Today.

THE WAGE GAP AT A GLANCE

Median wages for full-time, year-round workers

EDUCATIONAL LEVEL	MEN	WOMEN	WAGE GAP (%)
High-school graduate	$26,218	$18,042	69
College graduate	$39,894	$27,654	69
Master's degree	$47,002	$33,122	70

Source: The National Committee on Pay Equity, based on U.S. Census Bureau figures.



How to get other people to do WHAT YOU WANT

The secret—to schmooze (pronounced shmüz): a Yiddish word meaning to befriend, to charm, to win over. Current world-class schmoozers: Bill and Hillary Clinton. What works for them can work for you too.

By Diana McLellan





Washington, D.C., is the schmooze capital of the world. Schmoozing, its partisans know, wins new friendships and cements the old. It stretches your database and opens new doors. It helps you avoid conflict, negotiate deals and sway even your sworn enemies. After all, when you've charmed someone she's more likely to give you what you want. You can effectively schmooze almost anyplace—on the job or at a PTA meeting, in a car pool or at a dinner party; and it works on almost anyone—your boss, your neighbor, a store clerk, your child's teacher.

You, too, can learn to schmooze like a pro—all it takes is a little practice. Here are some winning strategies from Washington's finest.

■ **DO** make time to schmooze, no matter how busy you are. Invite an associate to lunch or take an exercise class with a co-worker and pour on the charm. Hillary recently discovered the value of afternoon tea. She invited twenty local Washington reporters, schmoozed each in turn, and came away with twenty powerful new allies. The President, too, knows how to fit in a quick schmooze-fest: He had a group of the nation's cartoonists, who were in town for their annual dinner, for coffee in the Oval Office after his weekly radio address.

■ **DO** give the person you're schmoozing your undivided attention. No peeking over his or her shoulder for someone more interesting or important. "When Hillary Clinton is talking to you, she focuses on you completely and intensely," marvels Diane Rehm, a Washington radio talk-show host.

■ **DO** add that personal touch. Pamela Harriman, a Clinton pal and the next U.S. ambassador to France, sometimes takes the hand of a schmoozee between her own and tells him how important he is to whatever she's doing. I once knew an ambassador's wife who, to enumerate why you should do what she wanted, would gently bend down your fingers one by one as she listed the reasons—a surprisingly effective technique. Bob Strauss, former ambassador to the former Soviet Union and Washington's very best all-time schmoozer, often puts his hand on the arm of the person he's talking to.

■ **DO** be sure to do your homework. Keep *(continued on page 123)*

YOUR MOTHER TAUGHT YOU NEVER TO GO WITH STRANGERS.

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The most important ingredient in any douche is trust. We're used in a woman's most sensitive area. That's why only the most gentle ingredients go into Massengill douches. You can be sure of that with Massengill. We've been setting the standard in intimate care for over eighty years. That's why nothing makes you feel fresher or cleaner than Massengill. You can trust us on that too. Questions or comments? Talk to us toll-free, 800-245-1040.

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"When I read that menopause can cause osteoporosis, I decided to do something about it."

Maybe you've read about it yourself: the loss of estrogen at menopause can speed up bone loss, which may lead to postmenopausal osteoporosis. You could lose up to 50% of all the bone mass you'll ever lose in just the first seven years after menopause begins. So the time to do something about it is now.

Estraderm® Can Help Prevent Osteoporosis

A calcium-rich diet and exercise are key elements in an osteoporosis-prevention program. Estraderm can help, too. Estraderm, available by prescription only, is a clear patch that delivers a form of estrogen through your skin into the bloodstream, much the same way your ovaries did before menopause. The patch is usually worn on the buttocks to minimize the skin irritation that can sometimes occur.

Benefits Vs Risks Of Estraderm

It's important to balance proven benefits against possible risks. Estraderm has been used safely for years by millions of women to relieve hot flashes, night sweats, and other menopausal symptoms. And a study at the Mayo Clinic has confirmed that Estraderm can halt bone loss and prevent postmenopausal osteoporosis. Of course, this doesn't mean that Estraderm is for every woman. Pregnant women should avoid any estrogen therapy. Also, estrogen therapy has been associated with an increased risk of uterine cancer. And you should tell your doctor if you have ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any heart disease.



"The Patch" A nonmedicated sample is included in the free information kit.

Important Issues To Discuss With Your Doctor:

Q. Am I at risk for postmenopausal osteoporosis?

— All women lose some bone during menopause. But some lose more than others. At your next regular check-up, you should discuss your own osteoporosis risk profile as well as the benefits and risks of estrogen therapy.

Q. What can I expect from Estraderm as part of an osteoporosis-prevention program?

— This depends on when you begin therapy, the condition of your bones when you start, and how long you continue. Don't forget: a calcium-rich diet and exercise are also important parts of an osteoporosis-prevention program.

Free: More Information And A Nonmedicated Sample

A sample nonmedicated patch is yours to try as part of a free kit containing more information about menopause and postmenopausal osteoporosis. Just call 1-800-521-CIBA, or send this coupon.

To receive your free nonmedicated sample and kit, mail to CIBA, P. O. Box 907, Spring House, PA 19477-9945

1-800-521-CIBA, EXT. LH26B

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LH-26

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See next page for additional important information.

Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

Now the change of life doesn't have to change yours.

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CIBA

[illegible]fermal system
[illegible]very for twice-weekly

[illegible] SUMM[illegible] OR FULL PRESCRIBING
A[illegible] SEE PACKAGE INSERT).

[illegible] HAVE BEEN REPORTED TO INCREASE THE RISK OF [illegible]IAL CARCINOMA.

[illegible] case control studies have reported an [illegible] endometrial cancer in postmenopausal women [illegible] to exogenous estrogens for more than 1 year. This risk was [illegible] of the other known risk factors for endometrial cancer [illegible] further supported by the finding that incidence [illegible] cancer have increased sharply since 1969 in [illegible] of the United States with population-based [illegible] systems, an increase which may be related to the [illegible] use of estrogens during the last decade.

[illegible] case control studies reported that the risk of [illegible] cancer in estrogen users was about 4.5-13.9 times [illegible] than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration. It therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism, female castration, primary ovarian failure; atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with a slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk for osteoporosis have not been established.

CONTRAINDICATIONS

Patients with known hypersensitivity to any of the components of the therapeutic system should not use Estraderm.

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert printed below.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or by radioimmunoassay; free T_3 resin uptake is decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare. There have also been rare reports of severe systemic allergic reactions.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change in menstrual flow; increase in size of uterine fibromyomata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting, abdominal cramps, bloating; cholestatic jaundice have been observed with oral estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

DOSAGE AND ADMINISTRATION

The adhesive side of the Estraderm system should be placed on a clean, dry area of the skin on the trunk of the body (including the buttocks and abdomen). The site selected should be one that is not exposed to sunlight. *Estraderm should not be applied to the breasts.* The sites of application must be rotated, with an interval of at least 1 week allowed between applications to a particular site. The area selected should not be oily, damaged, or irritated. The waistline should be avoided, since tight clothing may rub the system off. The system should be applied immediately after opening the pouch and removing the protective liner. The system should be pressed firmly in place with the palm of the hand for about 10 seconds, making sure there is good contact, especially around the edges. In the unlikely event that a system should fall off, the same system may be reapplied. If necessary, a new system may be applied. In either case, the original treatment schedule should be continued.

Initiation of Therapy

Treatment of menopausal symptoms is usually initiated with Estraderm 0.05 mg applied to the skin twice weekly. The dosage should be adjusted as necessary to control symptoms. The lowest dosage necessary for the control of symptoms should be used, especially in women with an intact uterus. Attempts to taper or discontinue the medication should be made at 3-to 6- month intervals.

Prophylactic therapy with Estraderm to prevent postmenopausal bone loss should be initiated with the 0.05 mg/day dosage as soon as possible after menopause. The dosage may be adjusted if necessary to control concurrent menopausal symptoms. Discontinuation of estrogen replacement therapy may reestablish the natural rate of bone loss.

In women not currently taking oral estrogens, treatment with Estraderm may be initiated at once. In women who are currently taking oral estrogen, treatment with Estraderm should be initiated 1 week after withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

Therapeutic Regimen

Estraderm therapy may be given continuously in patients who do not have an intact uterus. In those patients with an intact uterus, Estraderm may be given on a cyclic schedule (e.g., 3 weeks on drug followed by 1 week off drug).

C92-51(Rev. 12/92)

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hmoozing

inued from page 118

k of names, faces, connections and portant dates—people are flattered n you remember things about them. ore the inauguration, Hillary had an e write to every single member of ngress, requesting the dates of birth- s and wedding anniversaries. Last rch, when Bill went to Capitol Hill to Republicans, he brought a birthday e for an astonished—and pleased— use Republican leader Bob Michel.

DON'T be afraid to schmooze your s. It's not hypocritical to ask for their nt of view, to listen to what they have ay, to show you respect them even if disagree. When Hillary went to Capi- Hill to meet with the Republican alth Care Task Force, she asked each mber to "Tell me what's the most im- tant issue to *you* in health care," and ened to all of them with rapt attention.

DO look the other person straight in the , as Pamela Harriman always does. Or, the technique John F. Kennedy em- yed: As he talked, he would move his e from one eye of his schmoozee to the er. It made people feel like he was try- to reach right inside their heads to nt his message and to understand theirs.

DO size up other people before you rt trying to win them over. At a party, best schmoozers, like General Colin well or Washington lawyer Vernon dan, neither dominate nor hang back the conversation. Instead, they judge feel of the group before opening up.

DON'T feel that you have to avoid girl- k if you're having a serious conversa- n. While Hillary is not a "Love your oes!" kind of schmoozer, she did recent- admire the outfit of Washington TV wswoman Kathleen Matthews. "Thank u," said Kathleen. "It's St. John knits." h, I wear them all the time," said llary. "I understand there's a discount tlet in the area." And she meant it. hile it may seem trite, this kind of hmoozing forges an instant bond.

DON'T be a snob. It's no good schmooz- g some people, but not those you don't ink are important enough. On Bill's first hite House visit with George Bush, he hmoozed with the steward who waited them. During the campaign, Bill got to a deep schmooze with a technician at a V studio. "The second the show was over, ll took up the discussion again and fin- hed it," says one observer. "And the young an wasn't even old enough to vote!"

Not this time, but next perhaps. For, an often harsh, unfriendly world, a od schmooze is remembered for years. Try it and see. ■

iana McLellan, a contributing editor to adies' Home Journal, has been schmoozed the best of them.

From now on, the youth of America will be noticeably brighter. Thanks to Curad Neon Strips.



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The infidelity epidemic:
WHY EVEN NICE GUYS ARE UNFAITHFUL

It happens every day: Thousands of seemingly happily married men decide to have an affair. Why do they do it, and how can you fight back? Here, what every wife must know.

By Bonnie Eaker Weil, Ph.D., with Ruth Winter, M.S.

Sam, a forty-five-year-old business owner, bounced back and forth for years between his wife, Sandra, forty-five, and his thirty-three-year-old lover, Lillian. The only child of a doting mother, Sam wanted his wife to hover just as his mother had done. After too much pampering, however, he felt suffocated—just as he sometimes had as a boy. He'd run to Lillian—who, ironically, looked like a younger version of Sandra—until she started demanding too much attention. Then he'd return to Sandra.



Five times he left home; five times he came back. "I know I'm not acting right," Sam says. "I feel like I'm going crazy."

Sam's case is far from unusual. According to recent surveys, he is just one of the 50 to 70 percent of American men—and the 30 to 50 percent of women—who will be unfaithful to their partners at some point in their marriage. Adultery, it seems, has become somewhat of an epidemic: In virtually 80 percent of all marriages, one spouse will have an affair.

How can you keep your marriage—and your husband—from becoming one of these shocking statistics? And what can you do if the worst does happen? My practice as a family therapist has given me some valuable insights into the causes of this heartbreaking problem, and how it can be solved.

The most dangerous stress points

No matter how happy or secure your marriage is, it can be rocked by periods of transition. When a couple hits one of these rough patches, they're especially vulnerable to infidelity.

Having a baby. The impending arrival of a child awakens many sleeping demons. A husband may resent the infant, fearing that he will no longer be his wife's top priority. Or he may panic, thinking: I'm not ready to be a dad!

Take the case of Margie and Paul. Margie, thirty-five, was so thrilled to discover that she was finally pregnant after several miscarriages, that she failed to notice that Paul didn't share her delight.

Given her pregnancy history, Margie was very careful. She rested a lot—and she was afraid to have sex. But she didn't tell her husband about her fears of harming the baby. And Paul was too caught up in his own concerns to notice her worry. He kept remembering how, when he was a child, his parents had doted on his baby sister, *(continued)*

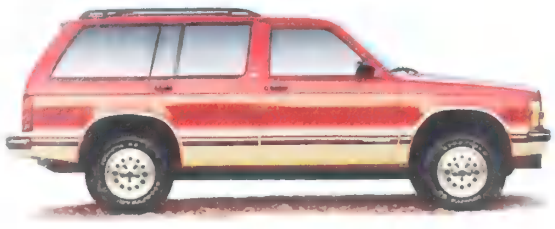
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Mid-life crisis. This is probably one of the most widely documented times for having an affair—especially among men. Take the case of Frank, a forty-five-year-old executive, who went into a mid-life panic when the promotion he'd been counting on went to a younger man. Not only was he losing out at work, but his hair was thinning and his paunch was expanding. Instead of confiding his fears and insecurities to his wife, Frank sought an ego boost by becoming involved with his beautiful young assistant.

Job loss. Many of us tie our self-esteem to our working status. And when we fail at that, everything seems to break down. Marvin, fifty-three, was badly shaken when the dress factory he owned failed during the recession. Once wealthy and powerful, he couldn't bear the humiliation of bankruptcy. Although he'd always been his own boss, he forced himself to look for other jobs. Employers kept telling him he was overqualified. Marvin knew they meant old.

His self-esteem plummeted. He tried to bury his pain by cheating on his wife with the young, attractive female headhunter who was helping him look for work.

Bereavement. The death of a loved one reminds us of conflicts left unsolved, of words left unsaid. It also, of course, underscores our own mortality.

Derek, a forty-year-old stockbroker, was hit hard when his father died. Although he'd loved his dad deeply, he'd never forgiven him for having an affair. Shortly after the funeral, Derek pursued—and won—a colleague in his office. His wife, Kim, was heartbroken when she learned about it. But Derek loved his wife, and when he finally managed to forgive his father and grieve for him properly, the couple managed to save their marriage.

The death of a child can be even more devastating. When Lucy and Stan's sixteen-year-old son, Lyle, died in a motorcycle accident, they were both torn apart by grief. But they were too stricken to even discuss the tragedy. Lucy also blamed Stan for allowing their son to have a motorcycle. Stan had a brief affair, and the couple separated.

Illness. Medical or other serious conditions often strain relationships—even though we may feel guilty admitting it. For instance, Josh and Carol both loved their seven-year-old son, Josh Jr., but he was a very demanding child. Hyperactive, he whirled around the house both day and night. Carol devoted herself to his care.

Josh felt neglected, and guilty that he had somehow failed his son—and himself. His parents had always expected him to be perfect—but how could he be a model father with a son like this? Josh sought to escape his feelings by having an affair.

Parental divorce. This can be almost as traumatic as a death in the family—especially if family members fear it might be "catching" in some way. A man who cheats may also be trying to "punish" his parents for divorcing.

Leon's parents broke the news that after thirty-two years together, they were getting divorced. Leon himself had just celebrated the anniversary of his marriage to Alicia. Feeling abandoned and deceived by his parents, Leon, twenty-eight, diverted his hostility to his wife. He acted out his feelings by having an affair with one of Alicia's girlfriends in order to get even with his mother, who had initiated the divorce.

A change in status. Sometimes retirement can provoke an affair. Another common trigger: when a wife returns to work after several years at home. This is what happened to Jeanette and Bill. For years, Jeanette, fifty-two, was a passive partner, moving whenever Bill's computer job required it, wearing whatever he wanted her to wear. But once her kids were almost grown, Jeanette began to blossom. She finished college and then got her MBA. She was hired by a blue-chip brokerage

d spent plenty of money on herself, buying designer clothes
d even a new car. Meanwhile, Bill, fifty-six, whose own ca-
r had hit a plateau, was less than pleased with his wife's
:cess. To try to regain some of his old power and control, he
d an affair with one of his co-workers.

iat kind of affair is it?

ie common motives for infidelity are boredom, loneliness,
istration, even revenge. In other instances, opportunity may
the culprit. Time and time again, in my practice as a family
erapist, I see a rise in infidelity during the holiday season,
ien there are so many parties. Expectations for fun com-
ned with the stress of job and family run high, while inhibi-
ons—thanks to alcohol and the general feeling of
erriment—are low.

Most often, however, infidelity is tied to our childhood yearn-
gs. We may be looking to reclaim a lost utopia—a time of love
thout responsibility. Or, as is the case in the majority of af-
irs, we are trying to compensate for the hurts, frustrations and
imet needs of our youth.

But whatever the motives, affairs tend to fall into one of these
ve categories:

Worried about becoming a new father, Paul buried his fears by having an affair with his pregnant wife's best friend

. *The pseudo-intimacy affair.* Since many men have problems de-
veloping and maintaining intimacy, this is the most common
ype of entanglement. In fact, this was the case for Sam, the hus-
band who bounced back and forth between his wife and his mis-
tress. Such men are trying to fill the emptiness inside
themselves. Only when they acknowledge this can they work at
saving their marriages.

2. *The peacekeeping affair.* A large percentage of affairs are desperate efforts to keep a marriage going. "If I can get someplace else what I don't get from my mate, I won't have to break up my home," the adulterer reasons. But this doesn't work for long.

Many peacekeepers sidestep conflict at any cost. No matter what happens, they delude themselves into thinking a polite marriage is a happy one. Neil, thirty-eight, and Maria, forty-four, had one of those mannerly marriages. Although Maria was deeply unhappy because she felt her husband ignored her and their children, she didn't tell him so. Instead, she sought solace with food and gained close to one hundred pounds. Neil, meanwhile, couldn't bring himself to tell his wife how repelled he was by her weight gain. So, instead, he protested by having an affair.

If a couple never argue or tell each other when they're upset, the most important thing they can do is start talking—no matter how loudly. Infidelity hits hardest at marriages that are the most tranquil on the surface—the kind where voices are never raised in hostility. You need to know your mate's needs, disappointments and fears, or he might turn to an affair as a cry for help.

3. *The looking-for-love affair.* Many people who cheat think they're searching for romance, when what they're really looking for is a way to feel better about themselves.

This kind of affair happens most often *(continued)*



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The infidelity epidemic

continued

when an end-of-the-decade birthday rolls around. Suddenly, the person finds himself wondering, Is that all there is?

Aging men will frequently seek sexual reaffirmation. Harry, who was a virgin when he married, took up with a younger woman on his fiftieth birthday to find out what he might have missed.

4. The compulsive affair. A person who has many affairs may simply be avoiding intimacy. But in a small number of cases these people may be genuine sex addicts who use promiscuity as a way to numb emotional pain.

This category of adulterers is controversial, but the research is intriguing. Jennifer Schneider, M.D., a physician in Tucson, Arizona, who specializes in the treatment of addiction, reports that the cases of sexual compulsion she has studied fit the classic description of addiction: compulsive behavior without the ability to stop despite adverse consequences, such as the loss of a spouse or a job. About 80 percent of self-reported sex addicts are men, but Schneider believes women are reluctant to admit to this disorder.

5. The unavoidable affair. Medical conditions or psychiatric problems, such as manic depression, may prompt the sufferer to have an affair. Burt, for example, went through two divorces—and was about to have a third—before he was diagnosed with manic depression. Once he was treated, and his wife realized his promiscuity and mood swings were neither deliberate nor her fault, they saved their marriage.

The danger signals

Most affairs do not happen without warning. Often, a wife unconsciously knows or suspects that her husband has strayed. Some clues are obvious: hang-up phone calls, strange phone numbers on the phone bill, lipstick on the collar, the smell of unfamiliar perfume.

These are some other danger signs:

■ Is your spouse spending a lot of time away from home—on business trips, at meetings, nights out with the boys?

■ Is he going to work earlier and coming home late? When you call him at work, do his colleagues have trouble tracking him down?

■ When he's at home, is he restless? Does he suddenly spend a lot of time doing good deeds around the house as if to assuage his guilty feelings?

■ When you're together, are you talking less and watching TV more?

■ Does the name of a colleague or neighbor suddenly start cropping up regularly?

■ Does he fill you in on all the clever, sightful comments made by a friend f the opposite sex?

■ Does he start spouting opinions r jokes that don't sound like his own?

■ Has he suddenly started working out the gym all the time? Or is he dedicat to a new diet?

■ Has he started paying more attenti to the way he dresses?

■ Has he suddenly tried a cosmetic i provement he always shunned before contacts instead of glasses, for instance

■ Has he become very secretive abo phone calls and credit-card slips? Do he race to answer the phone?

■ Is he provoking fights or being mo belligerent?

■ Does he criticize and find fault wi you more often?

■ Do the two of you make love less oft than usual?

■ Does he suddenly want to try ne techniques in bed?

■ Has lovemaking lost its glow?

■ Has he stopped using endearments pet names?

If you answered yes to more than tw of these questions, your marriage may in trouble. But you can save the relatio ship, if you're willing. Here's how:

1. Don't let him go out without you. evening entertaining is part of your hu band's business, make it part of yours, to
2. Keep up with what's going on with h work; ask about his other interests.
3. Ask him what new sexual techniqu he'd like to try. Then tell him your desire
4. Plan frequent outings together witho the kids. Do activities you both like.
5. When you're apart, stay in close touc Instead of quick, perfunctory phone call talk for at least ten minutes a day.
6. Make sure he has a current, flatterin photo of you for his desk at the office.
7. If he talks a lot about a female co league, invite her to dinner or to a part so you can check out the competition.
8. When you do meet potential rivals, e tablish your turf. Be affectionate: Pu your arm around your husband, mak some inside jokes, or refer to time you've shared together. ■

Bonnie Eaker Weil, Ph.D., is a family thera pist in private practice in New York City Ruth Winter, M.S., is a columnist and author

For more information

To find a qualified marriage and family therapist in your area, write to the American Association for Marriage and Family Therapy, 1100 Seventeenth Street, N.W., 10th Floor, Washington, DC 20036; include a self-addressed stamped envelope. Or call them at 800-374-2638.

HOME JOURNAL



Outdoor LIVING

MAKE THE MOST OF YOUR TERRACE, BACKYARD OR PATIO WITH STYLISH OUTDOOR FURNITURE AND ACCESSORIES. WE SCOURED THE MARKET FOR THIS SEASON'S BEST PICKS.

BY SHARLENE KING JOHNSON

The simple, classic lines of the Lido group from Brown Jordan add comfort and style without overpowering the natural beauty of sunny, flower-filled spaces



STRIPE IT RICH Crisp black and white stripes—just one of many fabric choices—give Brown Jordan's Barcelona sofa a strikingly elegant style, while a pitted iron-look finish adds character to the wrought-aluminum frame. A variety of tables and chairs, plus a love seat and chaise longue, rounds out this charming collection.



SWING INTO SUMMER Create your own cooling breeze with this rustic, Kentucky-style swing from John Deere. Made of untreated white cedar, the swing can be finished or left as is to mellow into a soft silver-gray. Built to last, it's incredibly sturdy and maintenance-free.



CABIN CHIC

Even if you don't own a hideaway in the mountains, you'll love relaxing in the backyard on this Adirondack-inspired furniture made of South American plantation hardwood. Sealed with linseed oil, the durable Jatoba wood will never need varnish or paint. From John Deere.

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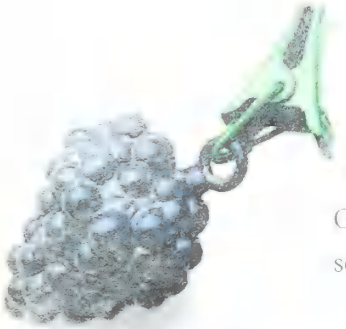
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TOUCH IT This adorable frog sprinkler from Ballard [illegible] fun to a mundane task. Made of aluminum [illegible] copper finish, the frog attaches easily to a stan- [illegible] and sprays a ten-foot-diameter circle.



FANCIFUL FRUITS

When summer breezes tug at your tablecloth, these colorful fruit clips from Gardener's Eden will keep it securely in place. Just clip them on and enjoy eating alfresco.





SUNFLOWER **POWER**

Both fun and functional, Ballard Designs' unique sunflower stand of hand-forged iron will keep your hose neat and tidy and give your yard a burst of year-round color at the same time. The design is painted on both sides and is primed and lacquered to ensure a long and beautiful outdoor life.



A **STEP** IN THE RIGHT DIRECTION

Create a path of decorative stepping-stones to lead the way through your garden. Ten inches in diameter, the stones are made of cemen[illegible]th an aged finish and a compass design to keep you on trac[illegible]rom Ballard Designs.

We discovered a healthier way to make fried food.

(Isn't that a contradiction?)

Not if you know about all the remarkable benefits that come from cooking with a Tefal Supercool fryer.

ith its precision preset thermostat, the Tefal Supercool fryer maintains a perfect oil temperature so that food is sealed on outside and absorbs less oil than with the traditional methods of frying. The result is food that is crispier, tastier and tter for you. And, of course, it's healthier to use a olesterol-free cooking oil.

The Tefal Supercool fryer is also designed fer than any other fryer. For example, its utside thermal layer of insulation ensures at the fryer is always cool to the touch hen in use. The safety-locking id prevents spills. The ingeni- us wind-down basket lowers he food from the utside to eliminate il splatters. And there's a charcoal filter which absorbs unwanted cooking odors.



The Tefal Supercool fryer is changing the way people think about fried food. The only contradiction when it comes to making fried food healthier, is the idea of making it without a Tefal Supercool fryer.

TEFAL
You've Thought Of It All.

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THESE PEOPLE DROVE THOUSANDS OF MILES TO REACH THE SAME CONCLUSION.



GM Buckle Up, A[illegible] ©1993 GM Corp. All rights reserved.

1.
LINDA OLSON, HOMEMAKER.

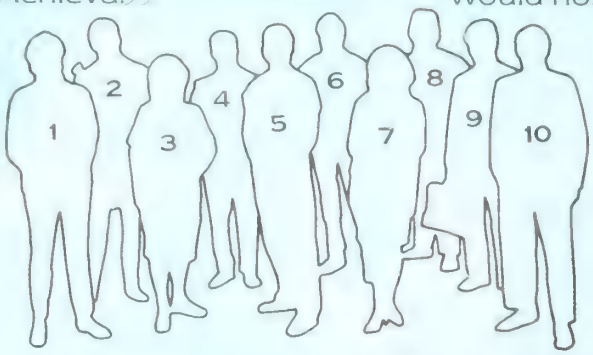
"We drove Honda Accords, Toyota Camrys and Oldsmobile Achievas in six-hour shifts, for 100,000 miles."

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JAMES DEBORD, AEROSPACE TECHNICIAN.

"I just didn't realize American cars had reached this point. I was really impressed by the Achieva."

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POLLY ANDERSON, MILITARY RESERVE.

"I really enjoyed the Achieva. It just seemed to fit around me."



4.
CHRIS KNAPP, COMPUTER PROGRAMMER.

"I was impressed with the Achieva. I've had cars before that weren't this good with half as many miles on them."

5.
ERIC FULLER, MEDICAL STUDENT.

"The Achieva was the most comfortable car I drove during the test. It would be my pick for the best driver's car."

6.
GARY QUINN, STORE MANAGER.

"Everybody has the philosophy that Honda makes the best car. I think that Oldsmobile made the best car out of all the cars we tested."

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"In our rental fleet we have all sorts of cars and I think the Achieva would hold up really well."

8.
RICH MATHERS, GRAPHIC ARTIST.

"The Achieva restored my sense of what an American car should be."

9.
TROY VALLADARES, MANAGEMENT TRAINEE.

"The Achieva definitely had more than I expected. It still felt like a new car even after 100,000 miles."

10.
PATRICK KELLEY, RETIRED MILITARY.

"I was really impressed with the Achieva. It's the first American car I've seen in a long time I'd consider buying."



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summer RECIPE GUIDE



HONEY-MUSTARD SPARERIBS

1/2 cup Kikkoman Teriyaki Marinade & Sauce
2 tablespoons honey
4 teaspoons prepared Dijon mustard
1 teaspoon garlic powder
3 pounds pork spareribs, cut into 1-rib pieces

Combine teriyaki sauce, honey, mustard and garlic in large bowl; add spareribs and toss until pieces are thoroughly coated. Reserving sauce, remove ribs and place, meaty side up, in 9 x 13-inch microwave-safe baking dish. Let stand 10 minutes. Cover and microwave on Medium-high (70%) 14 minutes, rotating dish once. Meanwhile, prepare coals for grilling. Remove ribs and place on grill 4 to 5 inches from medium-hot coals; brush with reserved sauce. Cook ribs 8 to 10 minutes, turning and brushing occasionally with sauce. (OR, place ribs on rack of broiler pan, brush with reserved sauce. Broil 4 to 5 inches from heat 6 minutes on each side; brush once with remaining sauce.) Makes 4 to 6 servings.



OREO FUDGE PIE

(makes 8 servings)

1 quart vanilla ice cream or frozen yogurt, softened
1 OREO Pie Crust
1/2 cup chocolate fudge sauce
Prepared light whipped topping
Mini OREO Bite Size Chocolate Sandwich Cookies

Spread ice cream or yogurt in crust; top with fudge sauce. Freeze until firm, about 6 hours. To serve, garnish pie with whipped topping and cookies.



SPRINGTIME NOODLES ALFREDO

2 tablespoons margarine or butter
2 medium carrots, sliced
1 medium zucchini or yellow squash thinly sliced
1 medium clove garlic, finely chopped
1-1/3 cups water
1 cup milk
1 package Lipton Noodles & Sauce–Alfredo
1 tablespoon snipped fresh dill* (optional)
1/2 cup frozen peas, thawed (optional)
Pepper to taste

In large skillet, melt butter and cook carrots, zucchini and garlic over medium-high heat, stirring occasionally, 3 minutes or until vegetables are tender; remove and set aside. Into skillet, add water and milk and bring to the boiling point. Stir in noodles & Alfredo sauce and dill and continue boiling over medium heat, stirring occasionally, 7 minutes or until noodles are tender. Stir in vegetables, peas and pepper; heat through. Sprinkle, if desired, with grated Parmesan cheese. Garnish with carrot and dill. Makes about 4 servings.

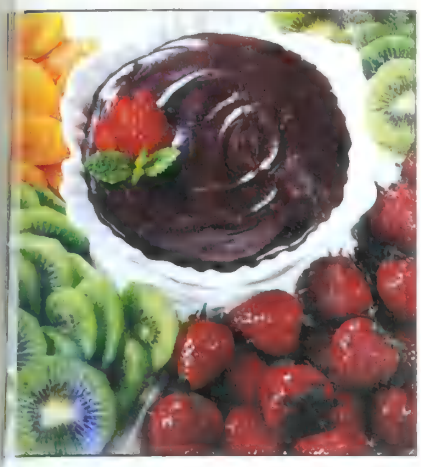
*Substitution: Use 1/2 teaspoon dried dill weed.

Tested Tested Recipe from the Lipton Kitchens

KIKKOMAN

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Lipton
Noodles & Sauce



HOCOLATE DIP

3 cup heavy cream
2 cup LOG CABIN® Syrup
1 package (8 ounces) BAKER'S® Semi-Sweet Chocolate
ssorted fresh or dried fruit, cake cubes, cookies or pretzels

eat cream and syrup in small aucepan until boiling, stirring onstantly. Remove from heat. Add nocolate; stir until melted. Serve arm as a dip with fruit, cake cubes, ookies or pretzels.

lakes 1 1/2 cups.



HOT 'N SWEET BARBECUE

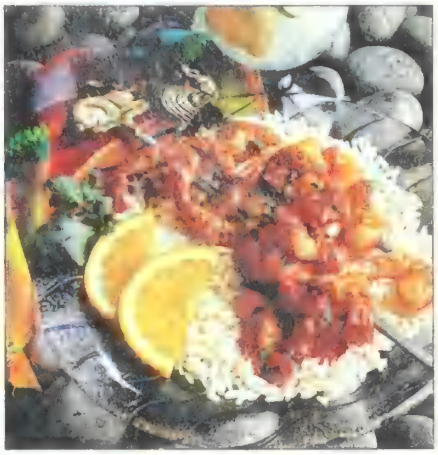
A unique combination of flavors.

1 bottle (12 oz.) Lawry's Dijon & Honey Barbecue Sauce
2 cups plum or apricot jelly
1/2 finely chopped onion
1 teaspoon hot pepper sauce
4 to 5 pounds pork spare ribs (2 racks)
1 pound chicken pieces

In medium bowl, combine first four ingredients; set aside. Cut rib racks into 3 rib portions. In 13x9x2-inch glass baking dish, place ribs with meaty side down. Cover with waxed paper and microwave on MEDIUM power 25 minutes. Turn ribs over and re-arrange pieces. Cover and microwave on MEDIUM power 25 minutes. Prepare outdoor grill. Place ribs and chicken pieces on grill rack 5-inches from heat. Grill about 10 minutes turning and brushing often with prepared marinade during cooking. Cook until desired doneness.

Makes 8 to 10 servings

PRESENTATION: Brush on extra sauce before serving. Serve extra sauce for dipping. Perfect with cool salad and fresh bread.



GRILLED PRAWNS WITH SALSA VERA CRUZ

1 can (14 1/2 oz.) DEL MONTE® Mexican Style Stewed Tomatoes
1 orange, peeled and chopped
1/4 cup sliced green onions
1/4 cup chopped cilantro or parsley
1 Tbsp. olive oil
1 to 2 tsp. minced jalapeño chile
1 small clove garlic, crushed
1 lb medium shrimp, peeled and deveined

Drain tomatoes reserving liquid. Chop tomatoes. In medium bowl, combine tomatoes with reserved liquid, orange, onion, cilantro, oil, jalapeño and garlic. Season to taste with salt and pepper, if desired. Thread shrimp on skewers; season with salt and pepper, if desired. Brush grill with oil. Cook over hot coals about 3 minutes per side or until shrimp just turn opaque pink. Serve with salsa.

4 servings

Helpful Hint: Thoroughly rinse shrimp in cold water before cooking.

Prep time: 27 minutes
Cook time: 6 minutes

Per serving:
Calories 165.8 (24% fat)
Fat 4.5 gm
Cholesterol 166.1 mg
Sodium 463.2 mg

LOG CABIN Syrup
LAWRY'S
the difference is delicious!®
Del Monte Quality

summer RECIPE GUIDE



SIMMERED VEGETABLES

1 cup Swanson® clear ready-to-serve chicken broth
2 cups cut-up fresh or 1 pkg. (10 to 16 oz.) frozen vegetables

In 2-qt. saucepan over medium-high heat, heat broth and vegetables to boiling. Reduce heat to low. Cover; simmer 5 min. or until vegetables are tender. Drain.

Makes 2 to 3 1/2 cups or 4 to 6 servings.

Prep Time: 5 min.

Cook Time: 8 min.



SAVORY CHUCK STEAKS

4 boneless beef chuck eye steaks, cut 1 inch thick
1/4 cup steak sauce
2 tablespoons *each* packed brown sugar and fresh lime juice
1/4 teaspoon ground red pepper

Combine steak sauce, brown sugar, lime juice and red pepper; reserve 2 tablespoons marinade. Place beef steaks in plastic bag; add remaining marinade, turning to coat. Close bag securely and marinate 10 minutes. Pour off marinade. Place steaks on grid over medium coals. Grill 14 to 20 minutes for rare (140°F) to medium (160°F), turning once. Brush with reserved marinade during last 2 minutes of cooking. Season with salt, if desired.
4 servings.
30 minutes

Serving suggestion: Grilled red onion wedges and zucchini slices.



THE CHEWY OATMEAL COOKIE

3/4 cup Butter Flavor Crisco®
1 1/4 cups firmly packed light brown sugar
1 egg
1/3 cup milk
1 1/2 teaspoons vanilla
3 cups Quaker® Quick Oats
1 cup all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon cinnamon
1 cup raisins
1 cup coarsely chopped walnuts

1. Heat oven to 375°F. Grease baking sheet with Butter Flavor Crisco.
2. Combine Butter Flavor Crisco, lt. brown sugar, egg, milk and vanilla in large bowl. Beat at medium speed of electric mixer until well blended.
3. Combine oats, flour, baking soda, salt and cinnamon. Mix into creamed mixture at low speed just until blended.
4. Stir in raisins and nuts.
5. Drop rounded tablespoons of dough 2 inches apart onto baking sheet. Bake at 375°F for 10 to 12 minutes, or until lightly browned.
6. Cool 2 minutes on baking sheet. Remove to kitchen counter. **About 2 1/2 dozen cookies.**

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SWANSON

BEEF
IT'S WHAT'S FOR DINNER.





HE ULTIMATE HOCOLATE CHIP OOKIE

3/4 cup Butter Flavor Crisco®
1/4 cups firmly packed light brown sugar
2 tablespoons milk
1 tablespoon vanilla
1 egg
3/4 cups all-purpose flour
1 teaspoon salt
3/4 teaspoon baking soda
1 cup semi-sweet chocolate chips
1 cup large pecan pieces (optional)*

. Heat oven to 375°F.
. Combine Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. Beat at medium speed of electric mixer until creamy.
. Beat egg into creamed mixture.
. Combine flour, salt and baking soda and mix into creamed mixture until just blended.
5. Stir in chocolate chips and pecan pieces.
6. Drop rounded tablespoonfuls (about 2 measuring tablespoons) of dough 3 inches apart on ungreased baking sheet. Bake at 375°F for 8 to 10 minutes for chewy cookies (cookies will appear moist — DO NOT OVERBAKE), or 11 to 13 minutes for crisp cookies.
7. Cool on baking sheet 2 minutes. Remove to cooling rack. **About 3 dozen cookies.**

*Note: If nuts are omitted, use 1 1/2 cups semi-sweet chocolate chips.





CHINESE SALAD

4 to 6 cups salad greens
1 (11-ounce) can mandarin oranges, drained
1 (2-ounce) jar HORMEL Bacon Pieces
1/3 cup slivered almonds, toasted
1/4 cup olive oil
2 tablespoons lemon juice
2 tablespoons sugar
1/2 teaspoon salt
1/8 teaspoon pepper

In bowl, combine salad greens, mandarin oranges, bacon pieces and almonds. Combine remaining ingredients in jar with tight-fitting lid; shake well. Toss dressing with salad ingredients. Serves 6.





"MOM'S COLESLAW"

4 cups shredded cabbage
1 cup Hidden Valley Ranch® ColeSlaw Dressing

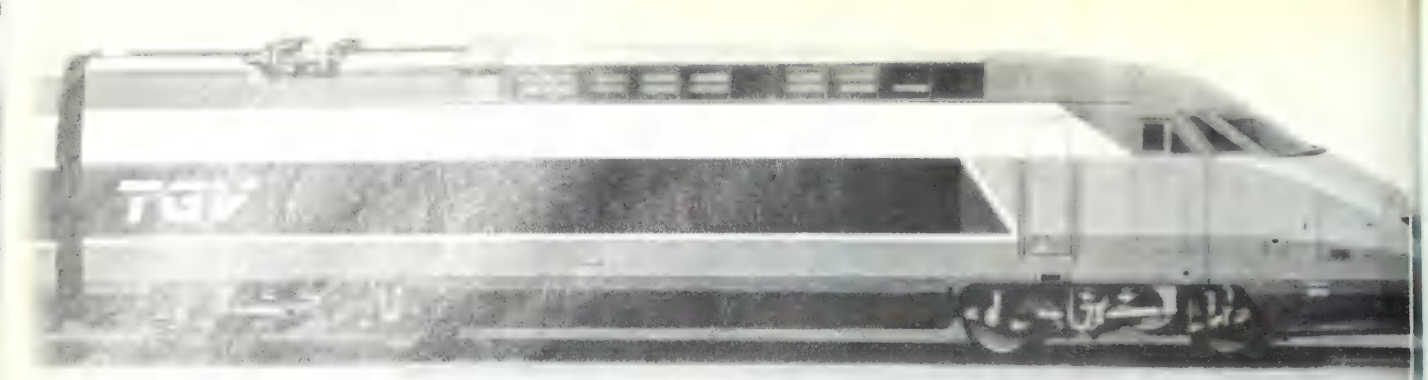
Place shredded cabbage in a large bowl. Combine with dressing. Mix well. Serve.

Serves 6-8.

Make a Great Tasting Coleslaw Even Better

Adding a few simple ingredients can make an an old favorite new again! Try adding grated carrots, chopped celery, raisins, apples, pineapple chunks, sunflower seeds, chopped walnuts or fresh mint leaves.

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It's Tough Growing Up

Kids face a lot of choices every day. Here's a parent's guide to helping them make the right one about not smoking.

Kids will tell you that it's tough out there. They face decisions every day, often complicated by peer pressure. Kids need someone to talk to, someone to listen.

Sometimes parents have to take the lead in talking to their children about the tough issues they face growing up. Your voice is the one they want to hear the most.

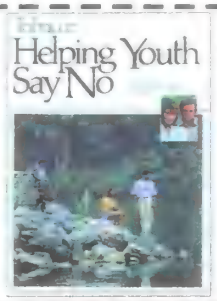
The tobacco industry does not want young people to smoke. Together with a group of educators who form the Family COURSE Consortium, we are offering a free booklet designed to help parents give their children the tools they need to resist peer pressure.

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Parent's Guide
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Mom, what's WRONG with that boy?

TEACHING KIDS TO EMPATHIZE WITH THE DISABLED

BY LYNN PROWITT



Peter Gwazdauskas, ten, has Down syndrome. For years, he was bused to a school miles from his home and taught in a special-education classroom. But in the fall of 1991, thanks to an educational-reform movement, Peter transferred to his neighborhood school and to a regular third-grade classroom. The Oscar-winning half-hour documentary, *Educating Peter** (on HBO, May 12, 15, 17, and 23), chronicles Peter's experiences in his new class.

At first a disruptive and disobedient child, Peter, in the course of the year, is almost magically transformed into an accepted and admired member of the class.

Peter's story will soon be played out in schools across the country, due in large measure to the movement known as "inclusion," in which disabled kids are educated, to the extent possible, alongside nondisabled children their own age in their neighborhood schools.

Many parents feel unprepared for their children's concerns—how do you explain to a kindergartner why his classmate is in a wheelchair or can't learn as fast as he can? We went to special-education experts for some suggestions:

■ **Never ignore someone's disability.** A common reaction is to pretend the disability isn't there. But that's the wrong approach. "Be straight with your kids when they ask about differences," advises Deidre Hayden, executive director of the Parent Educational Advocacy Training Center, in Alexandria, Virginia. "Kids are often far more comfortable with the concept than adults are."

■ **Explain that everybody is different.** Just as people



come in different sizes and colors, they come with different abilities. "What's most important is seeing the disability as one quality of the person rather than the defining quality," says Doug Biklen, Ph.D., author of *Schooling Without Labels* (Temple University Press, 1992).

■ **Help them focus on similarities.** Whether it's baseball cards, Michael Jackson or a favorite TV show, all kids share some interests. The disabled are different from other children in one way, but they're the same in hundreds of ways.

■ **Reassure them that disabilities aren't contagious.** "Younger kids may worry, 'If I touch him, will I become blind?' " says Virginia Roach, director of The Center on Teaching and Learning at the National Association of State Boards of Education, in Alexandria. Assure kids that holding hands, hugging and sharing toys are all okay.

■ **Practice what you preach.** Without realizing it, we've all been insensitive to those with disabilities at some time. Have you parked in a reserved-for-the-handicapped spot—just for a minute? Blocked a sidewalk or crosswalk, creating an obstacle for anyone in a wheelchair? Averted your eyes when a disabled person was walking past? Remember: What you do and don't do sends stronger messages to your kids than anything you say.

*To obtain a copy of *Educating Peter* for your school, library or community group, call Ambrose Video at 800-526-4663. For private use, call Direct Cinema at 800-525-0000.



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Have an afternoon VIDEO SCREENING PARTY

for your children, their friends and their parents



Moi, Miss Piggy, am très delighted to offer some hints on how vous can throw a video-screening party for your children and their darling friends. If you follow moi's simple instructions, your screening will be just like a fancy Hollywood screening (except moi won't be there)!

1. Invite the guests. Along with each invitation, enclose a ticket to the screening (draw a couple of tickets and photocopy them).

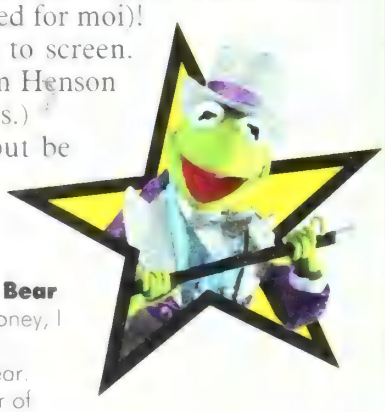
2. This is moi's favorite part—prepare some of the haute cuisine from the scrumptious recipes listed below.

3. Clear out your driveway to make room for the arriving limousines.

4. Smile for the paparazzi lined up at your front door (note: 3 and 4 may not apply to your party, but they have always worked for moi)!

5. When all the guests arrive, decide which video to screen. The ones starring moi are always a special treat. (Jim Henson Videos has lots of new ones featuring all us Muppets.)

6. Serve the Muppet Munchies to your guests (but be sure to keep enough for yourself), turn down the lights, snuggle up to your frog, and. . . . Roll 'em!



MUPPET MUNCHIES

Kermit's Krunchy Kucumbers & Dip "Kute name, isn't it?"—Kermit the Frog. *Ingredients:* ¼ cup vinegar or lemon juice; 1/2 teaspoon celery seed; 2 tablespoons sugar; 1 large cucumber, halved lengthwise and thinly sliced (about 3 cups); 1 small onion, thinly sliced and separated into rings; 1 large bottle of Green Goddess salad dressing. *Directions:* Stir together vinegar, celery seed, sugar, dash pepper. Add cucumber and onion slices; toss to coat. Cover and chill for two hours or up to five days, stirring occasionally. Serve with bowl of Green Goddess salad dressing for dipping.



Fozzy's Honey Bear Sandwich "Honey, I tip my hat to you!"—Fozzy Bear. *Ingredients:* 1 jar of peanut butter (crunchy or smooth), 1 bottle of natural honey, 1 loaf of cracked whole wheat bread, 1 gallon low-fat milk. *Directions:* A twist on the classic peanut butter and jelly sandwich, substituting honey for jelly. Slice sandwiches to look like Fozzy's square hat. Serve with cold glass of low-fat milk.

TO QUIT OR NOT TO QUIT?

"I'm too tired." . . . "None of my friends go." . . . It can be a double whammy for a parent. Whether it's piano lessons, karate or Little League, you want your child to learn the importance of making a commitment and sticking with it. On the other hand, you're not the kind of parent to force your child to do something that makes her miserable. What now?

First, don't minimize a child's reluctance or dismiss her feelings with comments such as, "Well, it was your idea to take those lessons, so now you're going to finish the semester." Robert Brooks, Ph.D., director of child and adolescent psychology and psychoeducation at McLean Hospital, in Belmont, Massachusetts, advises that you first talk with your child. Is she shying away from piano because the teacher is mean? Was she responsible for the fly ball that lost the game last week? Sometimes merely helping a child to put her fears into words makes them less scary.

Next, call the teacher or coach at home to get his perspective on the situation. If your child is involved in a group class, call some of the other parents, too; maybe the teacher is too critical and their kids are also having a hard time.

"We learn a lot of life's lessons when we play sports," notes Vern Seefeldt, Ph.D., director of the Institute for the Study of Youth Sports at Michigan State University, "and knowing when to quit is one of the most important ones." Ask yourself: Am I more excited about seeing my child play shortstop than he is? —MARGERY ROSEN

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The pro's guide to FLEA-MARKET FINDS

Whether you're a budding bargain hunter or a serious collector, flea markets are a favorite source for great deals. Here, experts Ralph and Terry Kovel show LHJ the tricks of their trade. By Leslie Lampert, Lifestyle Editor

Collecting is like a treasure hunt," say Ralph and Terry Kovel, authors of over sixty books on antiques and collectibles. "But you have to know what to look for."

So, on a recent rainy Saturday, I met the Kovels at the prestigious Renningers Antiques Extravaganza, in Kutztown, Pennsylvania, for a day of invaluable tips and training on working the market, evaluating the merchandise and haggling with the dealers. Following is my diary:

6 A.M.: The best-laid plans! I wake up to find that a severe rainstorm ripped through Kutztown in the middle of the night and that many of the expected twelve hundred dealers have packed up and left. The latest word is that about four hundred dealers (from all over the country) still plan to stay the day. Terry says because of the bad weather, we may be able to pick up some great buys. My initial disappointment turns to excitement.

7 A.M.: Per Ralph's instructions, I wear something bright-colored "so we can find each other easily." Terry lays some basic ground rules: "If something seems too good to be true, it probably is, so be wary of the too-fabulous find. Don't buy something because you think you're going to get rich; buy something because you love it. And finally, if you really love something, buy it when you see it, because when you go back to get it, it may be gone." Ralph adds: "We've never regretted what we did buy, only what we didn't."

Well-armed with expert advice, I rush to the flea-market grounds in time for the exhibits to open. Terry says this is a good time to chat with the *(continued)*



The Lutz marble, above, was originally purchased at a garage sale for $1. Its current appraisal is $5,000. Prices on old working appliances, right, such as toasters and waffle irons, popular now, range from $10 to $100. Below, Ralph, Terry and Leslie scan the merchandise before zeroing in on their favorites



Depression.

It can affect you in ways you would never suspect

- a loss of interest or pleasure in your job, family life, hobbies or sex
- difficulty in concentrating or remembering
- physical pains that are hard to pin down
- sleep disturbances
- appetite loss (or overeating)
- unusual irritability
- a loss of self-esteem or an attitude of indifference
- a downhearted period that gets worse and just won't go away
- frequent or unexplainable crying spells

A combination of the above symptoms, persisting for two weeks or more, can be an indication of depressive illness and a warning to seek the advice of a doctor.

Because depression can be a lot more than just "the blues."

Over 10 million Americans today may suffer from depression. Unfortunately, it often goes unreported, and therefore undiagnosed and untreated, because people don't recognize the symptoms for what they are. Yet, depression can be diagnosed and treated in most cases. It's most important to realize that you are not alone by any means.

Do something for yourself and for those you love. See your doctor.

For a poster-sized reprint of this message, write: Pfizer Pharmaceuticals, P.O. Box 3852, Grand Central Station, New York, NY 10163.

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Flea-market finds

continued



dealers and assess their merchandise and moods. As she predicted, the crowd is thin, which, she says, will give us better bargaining power.

8 A.M.: Today, the Kovels are looking for enameled copper bowls and ashtrays, fifties glass and ceramic pieces (in free-form shapes and styles), bottle-cap collectibles and anything else that catches their fancy. I am in pursuit of cookie tins and old wooden bowls. Terry spots a ten-foot bottle-cap chain for $160, and offers $100. The dealer stays firm at $160, so Terry doesn't buy it. In addition, she says, the dealer couldn't date it, and there was no sign of its age, so it would be difficult to declare its value. Instead, they bought a pair of new bottle-cap and beer-can figures, $15 for the pair, that they will add to their collection of recycled collectibles (an up-and-coming trend).



Salt-and-pepper shakers, top, are perennial best-sellers and fetch from $8 to $150. Leslie and Terry examine stained-glass windows, above, hoping to get a rainy-day special

8:30 A.M.: I spot an old saffron tin from Spain and grab Ralph to help me. The asking price was $30. I offered $20. The dealer came back with $25. I got it for $22. Ralph said I got a good buy, but more important, I got something I love for my collection (I have three others at home, and since four of anything is popularly considered a collection, I am delighted).

9:30 A.M.: We break for a snack, dry off, discuss our purchases and map out our game plan for the rest of the day. I ask the Kovels to explain the difference between antiques and collectibles. "An antique," says Ralph, "according to the federal government, must be at least a hundred years old.

efines it as the oldest of its pe. A collectible, on the other nd, is anything you find desirble to collect." But either can e valuable, he adds. Terry tells e of their most thrilling find—silver sugar castor (an eighenth-century sugar shaker) ney stumbled upon at a house tle. They paid $12 for it and ter found out it had been made y Paul Revere's father. The rrent market value: $10,000. I ecide to look for silver. . . .

1:30 A.M.: We head for a jewlry counter that Terry has been ircling. On the way she inorms me that Michael Jackson, Barbra Streisand, Bill Cosby nd Wayne Newton are all insaiable collectors (some of whom ubscribe to the Kovels' ewsletter). I ask her about the nost unusual collections she's een. "One man I know collects arieties of sawdust; another collects telephone insulators the small glass domes that hold elephone wires to the poles]. Spark plugs are not uncommon to collect, and I even met a woman who collects grocery-store carrot bags." I am thinking that this would make a good Oprah Winfrey show.

Terry makes a bid on a black opal and diamond pin that's tagged at $750. She offers $450. The dealer says she'll accept $600. Terry says no deal and confidently walks away. "It wasn't meant to be mine." *(continued)*



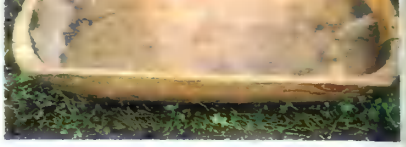
HOT collectibles

What are the top collectibles right now? The Kovels say fishing lures, antique toys, hammered aluminum, old computer games, Mexican silver from the forties and fifties, diner memorabilia and place settings, floor lamps, Disney-character china, Western-motif anything, fifties decorations, sixties kitchen utensils, airplane and railroad china and Czechoslovakian glass. What are the Kovels' picks for future value? California-made pottery, linens (specifically Russel Wright tablecloths and painted cotton linens from the forties and fifties), black memorabilia, any furniture made from solid wood, fast-food memorabilia, and dishes and glassware giveaways from the thirties. For information on the flea market nearest you, consult your local newspaper or antiques or crafts stores, which will probably have a calendar of noteworthy events in your area.

Black memorabilia is very collectible right now



Leslie snagged the German dough bowl, right, for $50 at the end of the day. The one below it sold for $150, still a good price. Terry chats with a woodcarver, bottom, before buying one of his rabbit sculptures







University International Law Library. Ralph makes a deal to purchase the smaller rabbit for $75, including the shipment to his home.

2 P.M.: As one of the dealers is packing away his merchandise, I find a wooden dough bowl that I must have. The dealer says it's from Germany, circa 1800. It's raining hard now, and the dealer is rushing to get his stuff in the truck. I ask how

FOR MORE INFORMATION

Kovels' Antiques & Collectibles Price List, by Ralph and Terry Kovel (annual, Crown, New York), $13

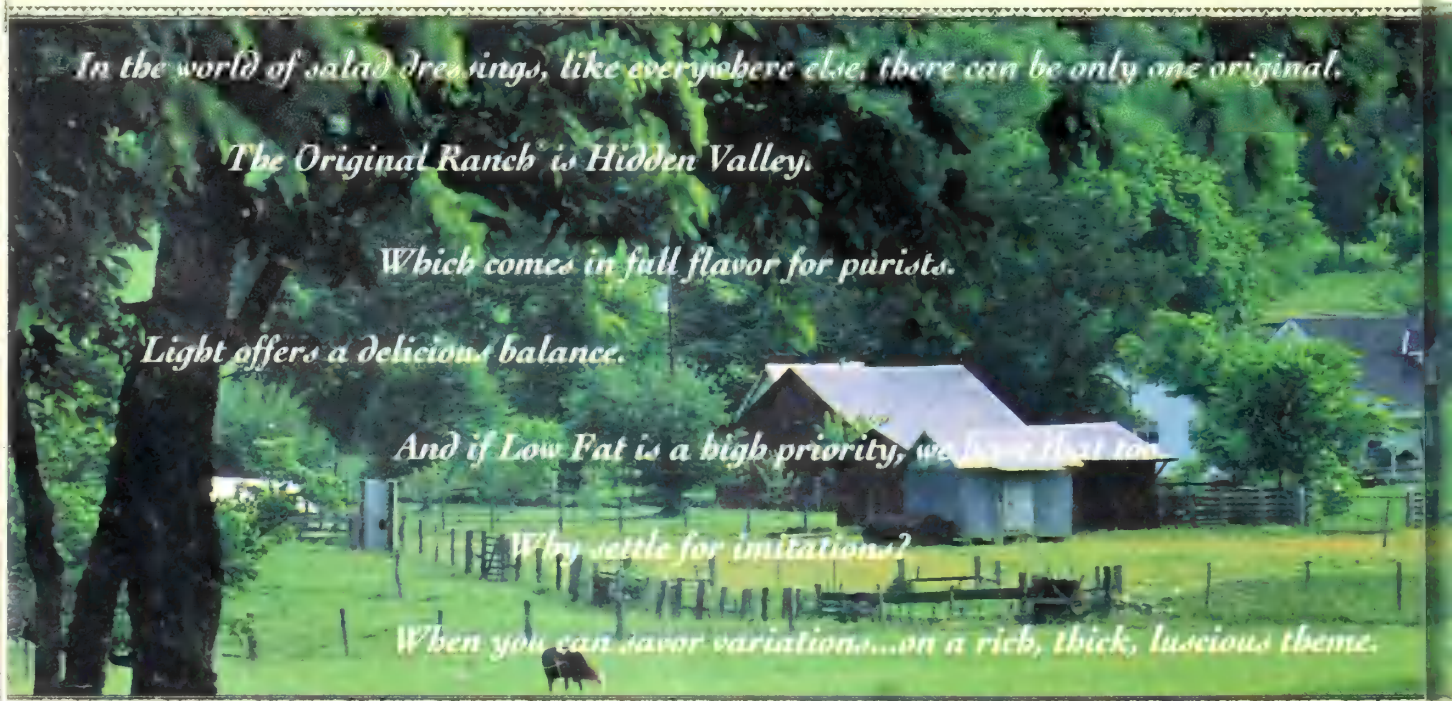
Kovels on Antiques & Collectibles (monthly newsletter), P.O. Box 420347, Palm Coast, FL 32142-0347, $36

Antique Trader Weekly (newspaper), P.O. Box 1050, Dubuque, IA 52004-1050

AntiqueWeek (newspaper), P.O. Box 90, Knightstown, IN 46148

Today's Collector (newspaper), 700 East State Street, Iola, WI 54990-0001

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...out $50?" He grudgingly agrees. ...e Kovels say I've gotten the find ... the flea market—that this bowl ... could be worth up to $500 in an an... ...ties store. I feel triumphant.

3 P.M.: I pack my purchases into my car trunk and thank my guides for sharing their expertise with me. Best of all, I tell them, I spent under $75, and indeed feel like I found buried treasure.

Tips for working THE MARKET

DO . . .

- Know as much as you can about your collectible category.
- Inspect the merchandise carefully. Sometimes even the dealers are unaware of invisible repairs to their merchandise that lessen the value.
- Talk to dealers about their merchandise. Often, you'll find out information that will help you make a purchasing decision such as where it came from, whether it's been repaired, or even if it's a trendy item.
- Bring a magnifying glass and a flashlight to closely examine items for flaws.
- Carry a tape measure (or remember that a dollar bill is six inches long).
- Use common sense; if an item is labeled dishwasher-safe, it obviously can't be that old.
- Use cash whenever possible. It often helps to get a better price. (However, for big-ticket items, use a check for your security.)
- Have good manners, but don't be afraid to negotiate. All dealers expect it.
- Ask for a receipt with details about age, condition and provenance on items over $100.
- Look at merchandise with a creative eye—a single earring might make a terrific lapel pin.

DON'T . . .

- Buy anything that needs to be repaired by an expert (sometimes the repairs can cost more than the item is worth).
- Buy a chipped, cracked or broken dish (it compromises the value by 80 percent).
- Buy something that is touted as an unsigned Lalique or Steuben (these items are always marked at the factory).
- Buy anything that's been repainted (unless the value is less important to you than your love for it).
- Let friends or family discourage you from buying something you really love that's reasonably priced.

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the woman who saved SATURDAY NIGHT

When Jane Seymour rode in on her horse and rescued prime time, everyone—network execs, TV insiders, even viewers—was stunned. Everybody, that is, except the Queen.

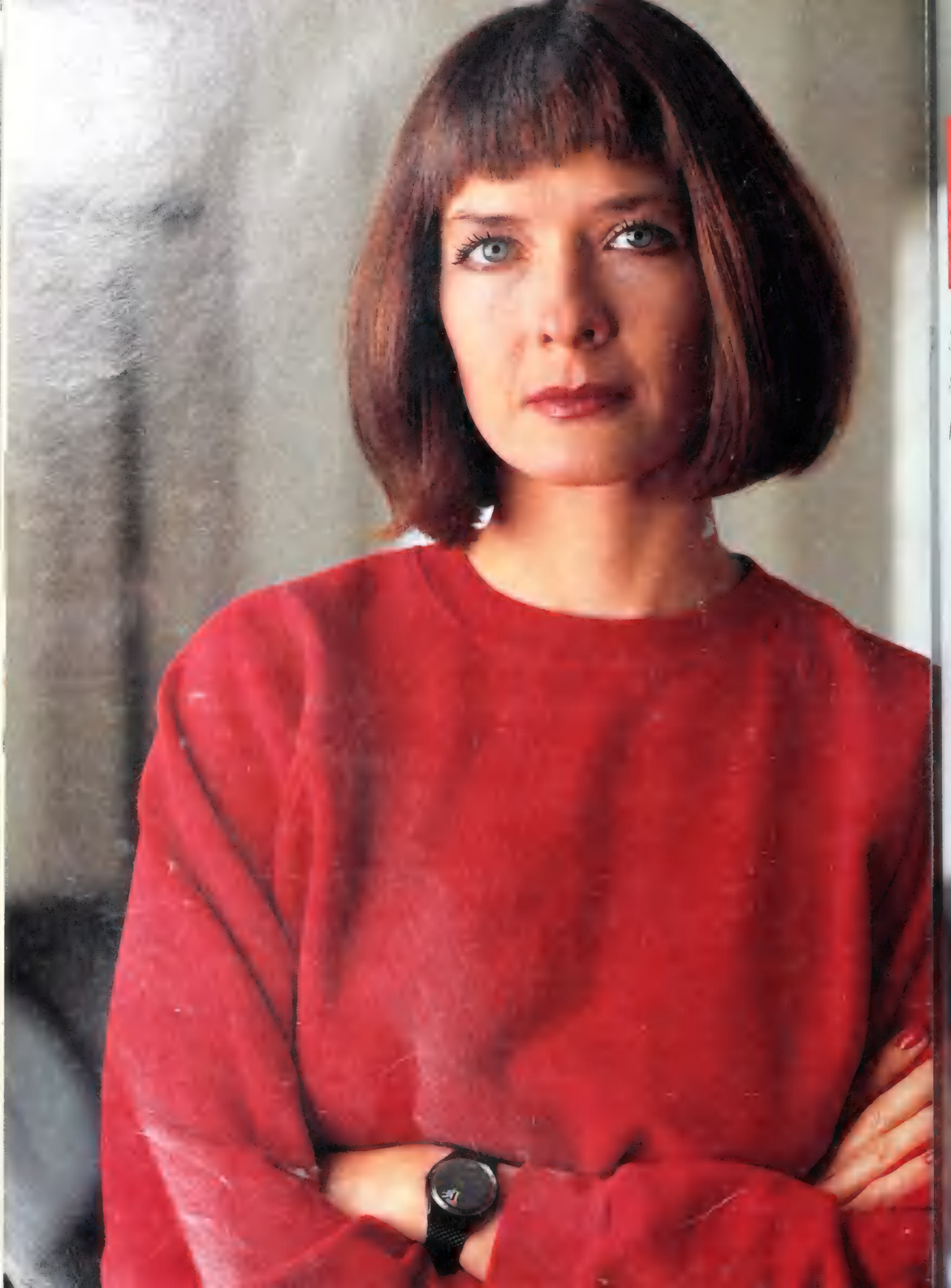
By Joanne Kaufman

Okay, so maybe Hillary Rodham Clinton hasn't asked Jane Seymour how to cure America's health-care headaches—but everybody *else* seems to want her medical advice.

"People keep coming up to me in elevators and saying, 'I've got a pain in my arm. . . . Can you fix it, Doc?' " says Seymour with a laugh.

The Doc they want, of course, is Dr. Michaela Quinn, calico-clad heroine of *Dr. Quinn, Medicine Woman*. The politically correct Western was a sudden smash after its midseason debut on CBS last January—to the surprise of even the network's executives, most of whom thought it would never survive. "I was told up front it

(continued on page 192)





the ballad of BAMBI

She was a beautiful young woman convicted of a sensational murder. Now she talks about her time in prison—and her new freedom. By Kathryn Casey

The noise shrieked out in the middle of the night, jolting Lawrencia Bembenek upright in bed. An old dread flooded her: The guards were coming to strip-search her again. She had endured these surprise raids many times during her prison years, but she had never stopped hating the lack of privacy, of boundaries.

So she waited. But no one came. Then, as her eyes adjusted to the darkness, Bembenek recognized the familiar outlines of her desk and chair in the cozy bedroom of her childhood house on Milwaukee's South Side. There were no guards here—only her parents, asleep downstairs. The shrill sound had been her mis-set alarm clock. Bembenek, known to the world for the past decade as "Bambi," took a deep, shaky, relieved breath. For the briefest of moments, she had forgotten she was safe at home.

Sentenced to life in prison for the May 1981 murder of Christine Schultz, the first wife of her ex-husband, Bembenek still seems somewhat awestruck by the concepts of home and freedom. "As a liter, I had a vague hope of freedom," she says. "I put it on a shelf. I never dreamed it would come true."

That fantasy materialized last December 9, when the evidence that had been used against her crumbled under revelations of inconsistencies and sloppy police work. The same judge who had presided over her 1982 trial allowed her to plead no contest to a reduced charge of second-degree murder, then ordered her free on parole for time served.

It was a spectacular ending to a tale that had all the elements of a hit movie: a stunningly pretty feminist heroine who had been both a cop and a pinup girl; a life sentence for a murder she denied committing; a daring escape from jail with the help of a lover. Sort of *Thelma & Louise* meets *The Fugitive*.

Over the years, Bembenek became a cause célèbre for the thousands who rallied on her behalf. Her story spawned three books, a stage play and two TV movies—one that aired on ABC last year, and an NBC mini-series to be broadcast in May, based on her autobiography, *Woman on Trial* (HarperCollins, 1992), and starring Tatum O'Neal.

But although the nightmare is over for Bembenek, she is *(continued)*

the ballad o

surrounded continually
of the life that has passed
missed school reunions,
rals. The tall, thick trees
streets in her parents'
ere saplings the day she

ia Bembenek, too, has
Her once bleached-blond
is now a tidy, soft brown pageboy.
At thirty-four, she is more determined,
more in control than the self-described
naive and easily manipulated young
woman who entered jail ten years ago.
More than anything, she seems to want
to shed the killer–Playboy Bunny im-
age that haunted her for so long.

She claims she has no time to dwell on the loss of the past decade, but whenever the topic turns to her incarceration, it's evident that anger lurks just beneath the surface. "I spent my twenties behind bars for something I didn't do," she says, her blue eyes flashing. "[People think] things like this just don't happen in the U.S."

Differing opinions

Milwaukee residents still speculate that Bembenek was framed; authorities, however, have a markedly different view. An investigation headed by Circuit Judge William Haese was conducted from October 1991 to August 1992 to determine whether there was any proof of evidence tampering or of a conspiracy to frame Bembenek. He found none, but admitted "significant mistakes in the investigation . . . the result of inadequate procedures and bad judgment." Prosecutors have yet another opinion. Says Milwaukee County Deputy D.A. Robert D. Donohoo, "We prosecuted the right person for Christine Schultz's murder. We're not looking for anyone else."

But Bembenek's lawyer, Sheldon Zenner, thinks they should be. In a 147-page legal brief he filed last winter, he suggests that Bembenek's former husband, Fred Schultz—then a Milwaukee police detective—may have hired a career criminal to kill his ex-wife. (Schultz, now working as a contractor in Florida, has consistently denied any involvement in his first wife's murder.)

Bembenek herself charges that the police were only too happy to let her take the rap, citing a pending complaint she had filed against the police department. "I don't know at what point I became the fall guy," she says with a grimace. "But at some point, framing me for the murder came in handy for Fred and the police."

Guilty?

Much about Bembenek seems contradictory. She grew up in a predominantly German–Polish neighborhood, the youngest of three daughters in a Catholic family. A talented flute player, she studied music at the University of Wisconsin—becoming, at fourteen, the youngest student ever to attend the school. Then, at eighteen, she flirted with the idea of modeling, and posed seductively as Miss March for a beer-company calendar.

In 1980, she became a Milwaukee police officer—as her father had before her—but she was discharged four months after graduating from the academy, ostensibly for filing a false report about a concert at which a fellow recruit was said to have smoked pot. Bembenek tried to bring discrimination charges against the department, alleging that they hired women and minorities in order to obtain federal funds, only to dump them for minor infractions. In need of money, she took a waitressing job at a local Playboy Club for a month—which would earn her the infamous "Bunny" label.

Shortly after her dismissal, Bembenek met Elfred "Fred" Schultz, ten years her senior, newly divorced and the father of two. They were married in January 1981, but the honeymoon was brief. According to Bembenek's book, Schultz was a well-known womanizer with a decidedly wild bent who seemed obsessed with his ex-wife.

On May 28 of that year, Christine Schultz was found dead in her bedroom—gagged with a blue bandanna, a bullet wound in her back. Schultz's eleven-year-old son, Sean, said the intruder he saw in the house that night was a large man with a long ponytail, wearing a mask and a green jacket. Yet a month later, it was Bembenek who was arrested for the murder.

Though much of the evidence was circumstantial—a dyed-blond hair on the gag, her presumed access to the alleged murder weapon—Bembenek was found guilty. The papers noted how unemotional the lovely woman seemed as she heard the verdict.

"They couldn't see the tears because my back was turned to them," she says. "I was sobbing."

A life in hell

"Everybody in prison goes through stages. At first, they believe they'll be home for Christmas," Bembenek says. "I was there for years before I really got depressed and started thinking, My God, I'm going to be here for a long, long time."

The horror of prison, as Bembenek describes it, was principally its lack of privacy and respect. In 1982, when she entered Wisconsin's Taycheedah Correctional Institute, the showers ran only cold water; the cells had chamber pots, not toilets. Then there were the humiliating strip-searches. "I thought about suicide, often," she has said. "But I couldn't do that to my parents."

Eventually, Bembenek decided to fight back. She helped start a prison newspaper and filed successful class-action suits charging that there weren't as many program options in the women's prison as there were in the men's facilities. As a result, she became the first lifer to win the right to attend state-sponsored college courses. She jogged five miles a day (even if she had to do it in her cell); spent quiet hours reading Marx, Lenin, Dostoyevski, Hobbes and Paine; she painted, wrote poetry, worked on her autobiography.

In the meantime, a groundswell of support was rising for her. As early as 1983, the D.A.'s office received a petition signed by sixteen hundred Milwaukee residents requesting that Bembenek's case be reopened.

Still, every attempt by Bembenek's attorneys to file an appeal or a motion for a new trial proved unsuccessful. In June 1990, her third bid for a retrial was denied. "I was despondent," she says quietly. "Despondent."

A few months earlier, she had noticed a handsome visitor, Nick Gugliatto, who had come to see his inmate sister. (She and Fred Schultz were divorced by this time.) They fell in love and made wedding plans—but they didn't want to spend their married life separated by prison walls. In July 1990, Bembenek squeezed through a

Bembenek's release became a media event. "One day I was in solitary confinement, and the next I was giving a press conference," she says with a chuckle.

BAMBI







The many faces of Bambi (clockwise from top): her press conference last winter; after her capture in Canada; during her prison stay; taking the stand in 1982



laundry-room window and scaled a nine-foot barbed-wire fence. Gugliatto was waiting for her in his car.

"Run, Bambi, Run"

"I had to escape," Bembenek says, her voice rising in frustration. "I was in prison for ten years for something I didn't do and couldn't get out from under. I did everything in my power to get out the right way."

By the time guards realized she'd fled, Bembenek and Gugliatto were on their way to Canada. They settled in Thunder Bay, Ontario, on the shore of Lake Superior, took assumed names and tried desperately to blend in. Bembenek worked as a waitress, but after a decade in prison, the outside seemed strange and frightening. "I'd been institutionalized so long, normal for me *was* prison," she says. "And I had to constantly be on guard."

Though Bembenek was unaware of it, the escape had galvanized support for her at home. Seventy-five percent of respondents in a poll believed she was innocent. Fans wore "Run, Bambi, Run" T-shirts, ate Bambiburgers and called local radio stations to boast that if they knew her whereabouts, they wouldn't turn her in.

Three months later, a customer at the tavern where Bembenek worked recognized her from a photo on the TV show *America's Most Wanted*. She was soon arrested and again in prison—this time in Canada awaiting extradition. (Gugliatto served six months of a one-year prison sentence for aiding in the escape.)

Ironically, it was her capture that set into motion the events that would ultimately free her.

In Canadian immigration court, Bembenek filed a plea seeking refuge, arguing she was not a convicted killer escaping justice, but a political refugee fleeing persecution. As the details were presented in court, loopholes in the case against her made news on both sides of the border. Soon, Diane Sawyer was flying in to interview her for *PrimeTime Live*, and Wisconsin authorities notified Bembenek's attorneys that they would reexamine her case.

Still, the process was slow, and not until last spring did Bembenek decide that her chances in Wisconsin were good enough for her to drop her appeal against extradition. In Wisconsin, she was shuttled back to Taycheedah, this time to solitary confinement. The investigation into the police handling of the case concluded shortly thereafter, but her attorney and parents visited frequently, bringing news of negotiations with the Milwaukee D.A.'s office. In December, the compromise was struck; while the no-contest plea didn't clear her of the conviction, it did allow her to maintain her innocence—and set her free. "We had a good chance at a new trial, but I could have spent another three years in jail waiting for that to happen," she says. "And I'd learned that you can never be sure what a jury will do. I wanted out."

A second chance

Her release was accompanied by the bizarre trappings of media celebrity. "One day I was in solitary confinement, and the next I was giving a press conference," Bembenek chuckles. Her new, neatly tailored style—courtesy of a post-prison makeover donated by Diane Sawyer—was analyzed by commentators on the evening news. Every word she uttered was faithfully recorded by a gaggle of reporters. "I feel like Socks, the cat at the White House," she told them.

The night before, a quieter, more private drama had unfolded when Bembenek embraced her parents as a free woman for the first time in nearly eleven years. Her sixty-eight-year-old mother, Virginia, cried. Her father, Joseph, seventy-three, had survived a near-fatal brush with stomach cancer in 1983. He whispered, "My biggest fear was that I wouldn't be alive to see you free." That Christmas, for the first time since her imprisonment, her mother put up a tree. *(continued on page 191)*

Licensed to

These lawbreakers flourish undetected, and too often get away with murder—literally. Are they common criminals? No, they're incompetent doctors. By Michael J. Weiss



In a warm October morning, Julie James entered the office of Los Angeles obstetrician Milos Klvana, ready to give birth to her first baby. The twenty-two-year-old waitress trusted her physician, so when he suggested that she deliver there, she agreed. In an emergency, he promised she'd be rushed to nearby Henry Mayo Hospital.

But James and her baby never made it to the hospital. Klvana tried to speed the birth by incorrectly administering a labor-inducing drug and instructing James' fiancé to push on her stomach. As a result, the infant arrived in respiratory distress. The clinic lacked the equipment necessary to deal with the situation, and within moments, the baby girl was dead.

The loss of a child is always tragic, but death caused by inept medical care is an outrage. Unbeknownst to James, Klvana, forty-three, had lost privileges at several area hospitals—including Henry Mayo—for improper practices. He had been convicted of illegally prescribing drugs and was under investigation by state regulators for two other questionable deaths. In fact, to avoid further run-ins with authorities, Klvana urged James and her fiancé to hush up their baby's death and bury her body in their backyard.

"He tore my heart out," says James today. "He lied to me about his credentials, and I trusted him. Then he rewarded that trust by robbing me of my hopes and dreams for a baby."

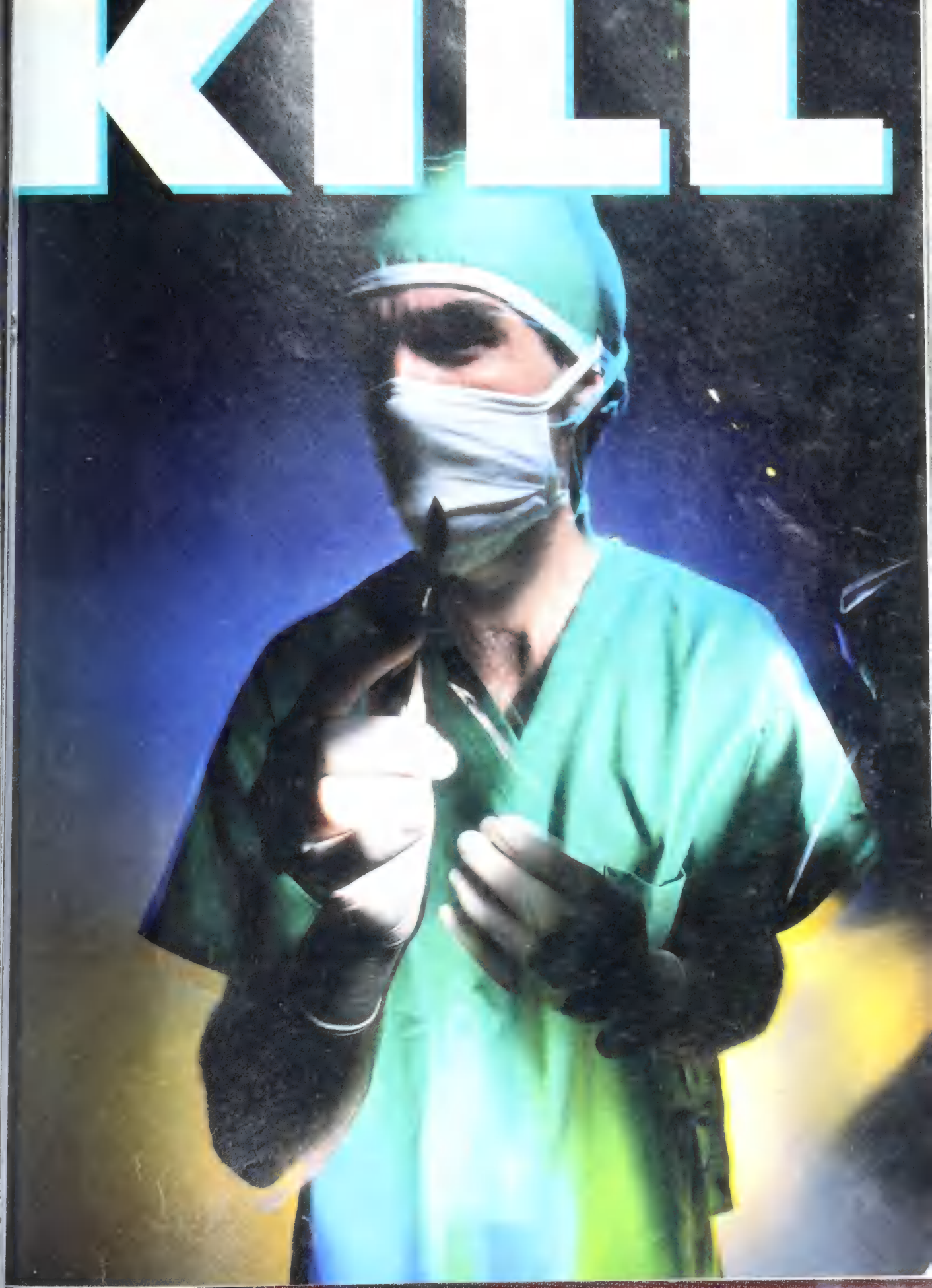
James eventually complained to the state licensing board, but California officials simply accepted the doctor's explanation of the incident. Before he was finally tried and convicted on nine counts of murder in 1989, at least twelve babies died due to his incompetence and to the inadequacies of the medical authorities' investigation. (James sued the doctor for malpractice and was awarded $800,000, but couldn't collect a dime because Klvana had no assets or insurance.)

The case of Dr. Milos Klvana illustrates a widespread if little-known scandal: incompetent doctors who kill or injure patients and retain their licenses. Although national statistics are not compiled, a 1991 Harvard University study of fifty-one hospitals in New York State found that medical negligence killed close to 7,000 patients there in 1984—a figure that can be projected to equal approximately 80,000 annual fatalities nationwide. The Public Citizen Health Research Group (PCHRG), a nonprofit consumer-advocacy organization in Washington, D.C., estimates that 150,000 to 300,000 Americans are killed or hurt each year by doctor negligence.

"There's no good system for picking up and tracking problem doctors," says Sidney M. Wolfe, M.D., director of PCHRG. "And for patients, there's really no way of knowing whether your doctor is a killer."

The American Medical Association (AMA) maintains that the profession is self-monitored by hospital peer-review committees, local *(continued on page 198)*

KILL



TRAPPED IN

By Anna Marie Tesoriero, as told to Eric Sherman

Editor's note: *On February 26, 1993, at 12:18 P.M., a terrorist bomb rocked the World Trade Center in Manhattan, killing six people and injuring hundreds of others. Many stories of tragedy and courage came out of that extraordinary day, but one of the most moving was that of a kindergarten class from P.S. 95 in Brooklyn that had gone to the Twin Towers on an outing—and was trapped in an elevator after the bomb went off. Their teacher, Anna Marie Tesoriero, fifty-one, who was in the elevator with them, tells how these children endured this terrifying ordeal—and how she discovered a surprising strength within herself during those five endless hours.*

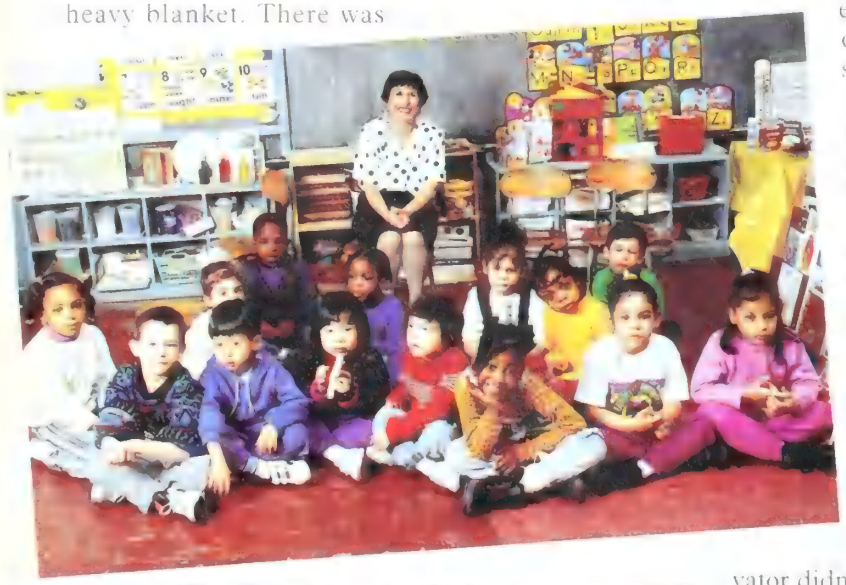
As the elevator began its descent from the top floor of the World Trade Center, where we had spent some time on the observation deck, I counted the floors aloud, with the children joining me: one hundred seven, ninety, eighty, and so on. About halfway down, though, the elevator suddenly stopped, the lights flickered, the air-conditioning went dead, and we were plunged into total darkness.

I tried to control the panic I felt rising in me. I'm claustrophobic and afraid of the dark. At home, I sleep with the bedroom door open and the hall light on. Now, the darkness seemed to settle over us like a heavy blanket. There was no fresh air, and I felt as if I was suffocating. I began to smell smoke, and I could feel myself hyperventilating. As if all this wasn't enough, the elevator was packed to capacity not only with my class but with a class of third graders and one of fifth graders, as well as their teachers and parent chaperones from another school, and two tourists. In all, there were seventy-two people.

Meanwhile, some of the kids were starting to cry and to ask, over and over, what was happening. I wished I knew. By now I was on the verge of a full-blown anxiety attack, but I knew I had to think about the children. Surprisingly, I was able to calm the tearful ones after only a few moments.

That's when I realized something: All things considered, everyone seemed amazingly calm. Someone from another school flicked on a lighter so I could see the children's faces, and I realized they were all right. That's when I found, somehow, the strength inside me to keep calm. I had to think of the children, and I didn't want to show them I was scared.

"Relax," I told myself. "You don't smell smoke. There is no smoke in this elevator. We'll be down in no time." Clearly I was denying reality, but that denial helped me enormously. I remembered that the light for the thirtieth floor had lit up before the elevator stopped. That meant that even if the elevator didn't move, and we had to be rescued, we'd only have to walk down thirty flights—which was a lot better than one hundred seven. I refused to *(continued)*



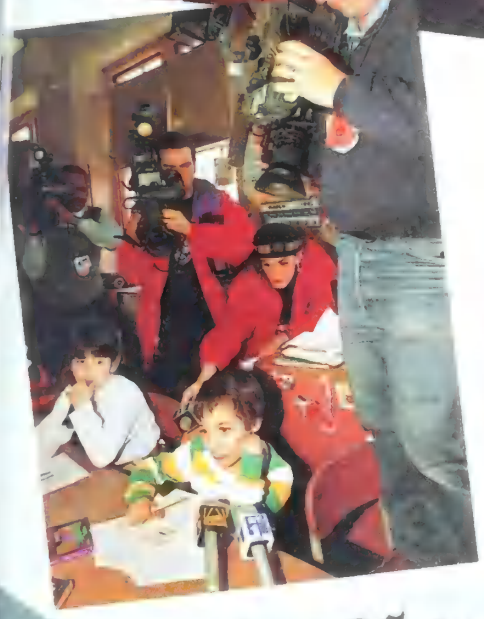
The littlest heroes: The courageous kids of P.S. 95, with their teacher, Anna Marie Tesoriero, back at school after their Twin Towers ordeal



Top left: Lee Snow/Summa; bottom: Eric Rasmussen. Right: from top: Lee Snow/Summa; Eric Rasmussen; Lee Snow/Summa; Eric Rasmussen; Lee Snow/Summa

THE TOWERS





TERROR AT THE TOWERS

Kids caught in chao



50 in hell-evato for five long ho

By MARK MOONEY

Instead of learning to count [illegible] the cartoons yesterday, Jackie-girl [illegible] Reinhart crashed into her with [illegible] cuddle and told her she was never [illegible] elevator again.

DAD AND MOM

Late Edition

The New York Times

"All the News That's Fit to Print"

NEW YORK, SATURDAY, FEBRUARY 27, 1993

50 CENTS

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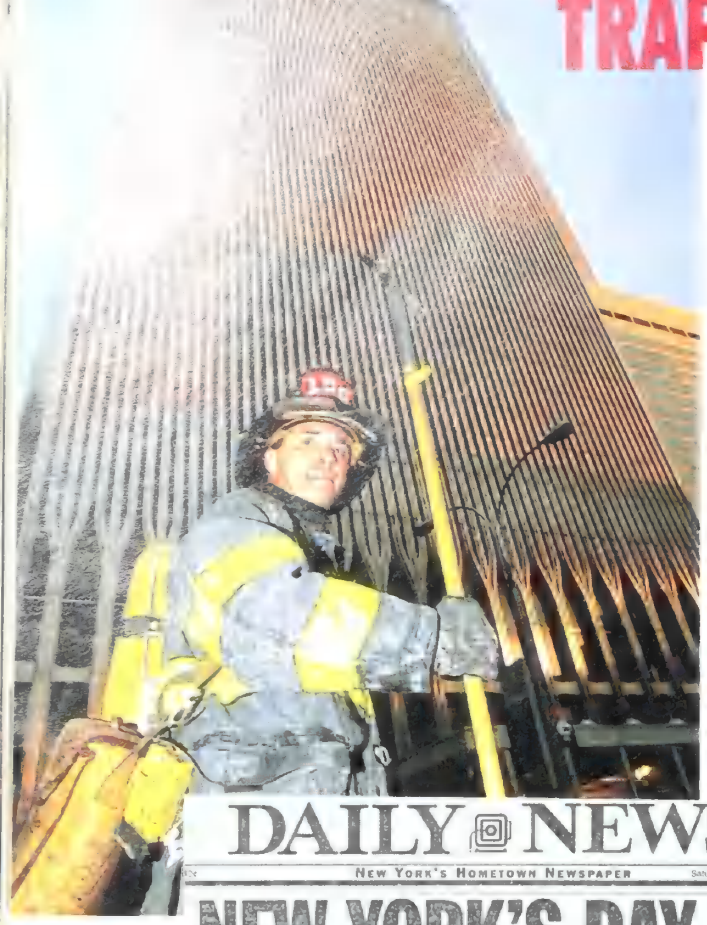
BLAST HITS TRADE CENTER, BOMB SUSPECTED; 5 KILLED, THOUSANDS FLEE SMOKE IN TOWERS



ELEVATORS. STAIRS



TRAPPED IN THE TOWERS



DAILY NEWS

NEW YORK'S HOMETOWN NEWSPAPER Saturday, February 27,

NEW YORK'S DAY OF TERROR



(continued) let myself think that we could also plunge thirty floors, and I would not allow myself to consider the possibility of no escape.

In fact, I stopped thinking about myself at all, or even my family. All I thought about was the children; I had to get them through it.

Several of the children, I knew, were asthmatic, and I was terribly worried they wouldn't be able to breathe. Every so often there was an awful whiff of smoke. I checked on these children constantly; so far, they and everyone else were fine.

Still, the wait was panicking them. "I want my mommy," several kids began sobbing. "We'll be home soon," I told them, "and we'll all see our mommies." Two of the kids, overcome by anxiety, threw up. We flicked a lighter—by now several people had found them in their purses or pockets—cleaned them off and let them know that everything was all right.

Soon, the heat became oppressive. I was perspiring so much, my hair was drenched. I was afraid the children might dehydrate. We had a bottle of orange juice somewhere, but in the darkness, it would have been hard to find.

Because of the heat, everyone took off their coats and sweaters, and the boys took off their shirts. Many of the children sat on the floor, although one clutched my legs. I asked the woman next to me—a mother from another school whom I had never met—if I could hold on to her for support. We spent much of the time clutching each other.

Believe it or not, most of the children were able to sleep on the floor for short stretches. Every so often, my assistant, India Fishon, flicked on a lighter, or I would call our children's names, to make sure everyone was still conscious. We tried not to use the lighters too frequently because we were worried they would use up too much oxygen or that something, or someone, might catch fire.

Eventually, several of the adults were able to pry open one of the doors a crack so we could get some air from the airshaft. But by then, one of the mothers had begun to panic, crying out over and over again that she smelled smoke. "We'll never be found!" she screamed. She began to yell for her child. Fortunately, we were able to calm her down, and with the help of a lighter, she found a tranquilizer in her pocketbook. Interestingly enough, her son wasn't panicked and soon fell asleep in my assistant's lap. "Once we make it out of here," I told that mother, "we'll never have any fears again. We'll have faced them all in this elevator."

After a couple of hours, two of my girls began to sing a Thanksgiving song we had learned last fall. Soon others in the elevator joined them, and before you knew it,

ing a favorite with my class, the theme from *Barney & Friends*. From time to time, one of the children in my class cried, but they were easily calmed. The older children, the third and fifth graders, seemed more nervous, and some began to worry that they were going to die, but the other two teachers and parents were wonderful at reassuring them.

From time to time, I prayed silently. At least one of the other teachers must have been doing the same, because he suggested we all pray, and a parent said a Hail Mary. I took out the rosary beads I keep in my purse, and the mother I had been clutching pointed out that the beads were glowing in the dark—something I had never before realized. The children stood amazed, staring at the tiny beads of light in the pitch blackness.

Around three-thirty—more than three hours into our ordeal—the lights and air-conditioning suddenly came on. What an indescribable relief! Maybe we would soon be moving! In the light, I could see the black soot around everyone's mouth, so we passed out tissues and cleaned ourselves off. I looked in the mirror and pretended to be scared of my own reflection so the children would laugh.

But then, after only five minutes, we were plunged again into darkness. My heart sank; for the first time, I began to feel hopeless. What if we fell thirty floors to our deaths? *I could die with these people*, I thought.

A short while later, a voice came over the intercom asking us where we were—our first communication with the outside world in almost four hours. I was furious when the voice said it would be a while before they could help us because another elevator filled with panicky adults needed to be evacuated first. "I have children with asthma in here," I said to the elevator operator. "We can't wait." But the voice was soon gone, and we were left in darkness and silence again.

Some time later, we heard a noise coming from outside—the first truly hopeful sound I'd heard in hours. A fire fighter, James Sherwood, was on top of the elevator. Then we heard his voice—a wonderful voice, like an angel's. "We're going to get you out now," he said, telling us to turn around and protect ourselves while he began to chop a hole in the ceiling. We all crouched on the floor, and I put my coat on top of the children. It took nearly an hour, but Sherwood and other firemen made a huge hole in the roof, put a ladder through and began to take kids out. All the other classes and parents, including two of my kids, had gotten out when the elevator started to descend. As it moved, our hearts filled

When the doors finally opened safely in the lobby, minutes later, it was one of the happiest moments of my life. I briefly considered kissing the ground, but thought that would look foolish.

As we were all escorted out to the waiting police, I couldn't understand the commotion around us. Even when someone told us there had been a bomb, I still didn't realize the enormity of what had happened. It didn't hit me until hours later, when I was at home with my husband watching news reports on TV. Then I was overcome by chills.

Today, the children and I are doing fine. For a while, none of them wanted to talk about what happened, except to say they never wanted to take an elevator again. One of the girls began to draw pictures with monsters—something she'd never done before. I've taken elevators on a number of occasions since, although I always look to see if there's a phone to the outside rather than just an internal communications system that can be knocked out during a power failure. I do not want to visit the World Trade Center again—not now, at least.

I did learn a number of important things, though. Despite my phobias, I always assumed that, deep down, I was a strong person. Now I know it's true. More important, the children, my assistant, India, and I—and everyone else in that elevator—learned just how much we are loved.

I don't consider myself a hero. I was just doing my job, the same job I do every day. It's the same job done by thousands of other dedicated women and men who never get enough recognition. As far as I'm concerned, we are all heroes. ■

Eric Sherman is a freelance writer based in New York.


NEW YORK POST
LATE CITY FINAL
SATURDAY, FEBRUARY 27 / SUNDAY, FEBRUARY 28, 1993
50
BOMBED



Wow!

WHAT A MAKEOVER

By Lois Joy Johnson, Beauty and Fashion Director

If you're ready—really ready—for a dramatic change, our makeovers will give you inspiring ideas. They start with the hair, and go to all lengths. Try one!

GOING BLOND Never thought a brown-eyed brunet could be a blue-eyed blond bombshell? Think again! Suzanne, right, entrusted her big-deal hair change to color pro Louis Licari, who said: "Going blond is for women who like to be noticed. But a color switch this extreme should be done in a salon. I used Clairol Professional Born Blonde in Happy Honey and added highlights for the most realistic look."

EYES OF BLUE Changing your eye color is as easy as changing your clothes. In fact, according to the experts at Durasoft, 60 percent of consumers who buy colored lenses wear them for cosmetic reasons only. Durasoft Colors and Durasoft Complements can turn the darkest brown eyes light blue. Cost: $150 to $175 for an eye exam, a pair of lenses and a starter care kit. (Suzanne is wearing Durasoft Colors in Sapphire Blue.)

FAKING A TAN Makeup artist Sophie Levy for Bruno Pittini "tanned" Suzanne with a self-tanner and bronzing powder. Says Levy, "Neutral eye makeup in shades of brick, cocoa and camel makes blue eyes really pop." All makeup, Revlon (details, page 194).



How'd you make those brown eyes blue?

I wish I had hair like that!

This dramatic change is easy. The key: a fall for your hair.

GLAMOUR HAIR

Styling ace Jonathan Groboch for Oribe at Elizabeth Arden, New York City, says: "A fall is a great way to have long, luxurious hair instantly." Tip: Combining some of your own hair with the fall makes it look less wiggy. Real-hair falls are pricey—$200 to $600—but they can be shampooed, dried and set like real hair. Synthetic falls go for about $50, but don't apply heat—they'll melt.



DEFINED EYES

When hair is this important, your makeup should remain low-key. Brow shaper and eyeliner are all the definition you need. Cheeks and lips stay soft and rosy. All makeup, Elizabeth Arden.

Haven't I seen you somewhere before?

Close-cropped hair is hot. If you've been toying with the idea of doing something drastic like Sunrise did, gamine is the way to go.

SHORT CUT

Hair pro Maury Hopson for Louis Licari suggests pulling hair back in a low ponytail to clearly see the head itself. A short cut requires a nicely shaped skull.



MAKE IT MATTE

"Short hair looks fresher with matte makeup in quiet shades," says Sophie Levy. Since the jaw, neck and ears are now on display, choose a skin-matching foundation and blend it well. Tip: You'll look more elegant when you wear open necklines—no accessories required. All makeup, Maybelline.

dress REHEARSAL

This season's long, floaty dresses are perfect for steamy summer days, but it takes a bit of practice to get a look that's chic, not sweet. We'll show you the steps to style



Get dressed: Mixing florals and stripes is a trendy theme among designers this season. At left, Norma Kamali's curvy floral fishtail dress is meant to be worn over her black-and-white-striped tee. A black beret and black platform sandals help emphasize this look's sexy side. Hat, Hat Attack; sandals, Robert Clergerie; model, Sky Nellor of Prima L.A. Right: Ralph Lauren's cream-and-black millefleur dress and black belt is topped with a ribbed short-sleeve V-neck cardigan, worn open—another way to sharpen a floral dress so it has nineties attitude, not picnic-in-the-meadow innocence. Sweater, Benetton; belt, beret and shoes, Ralph Lauren; model, Kayce Martin of Elite L.A.

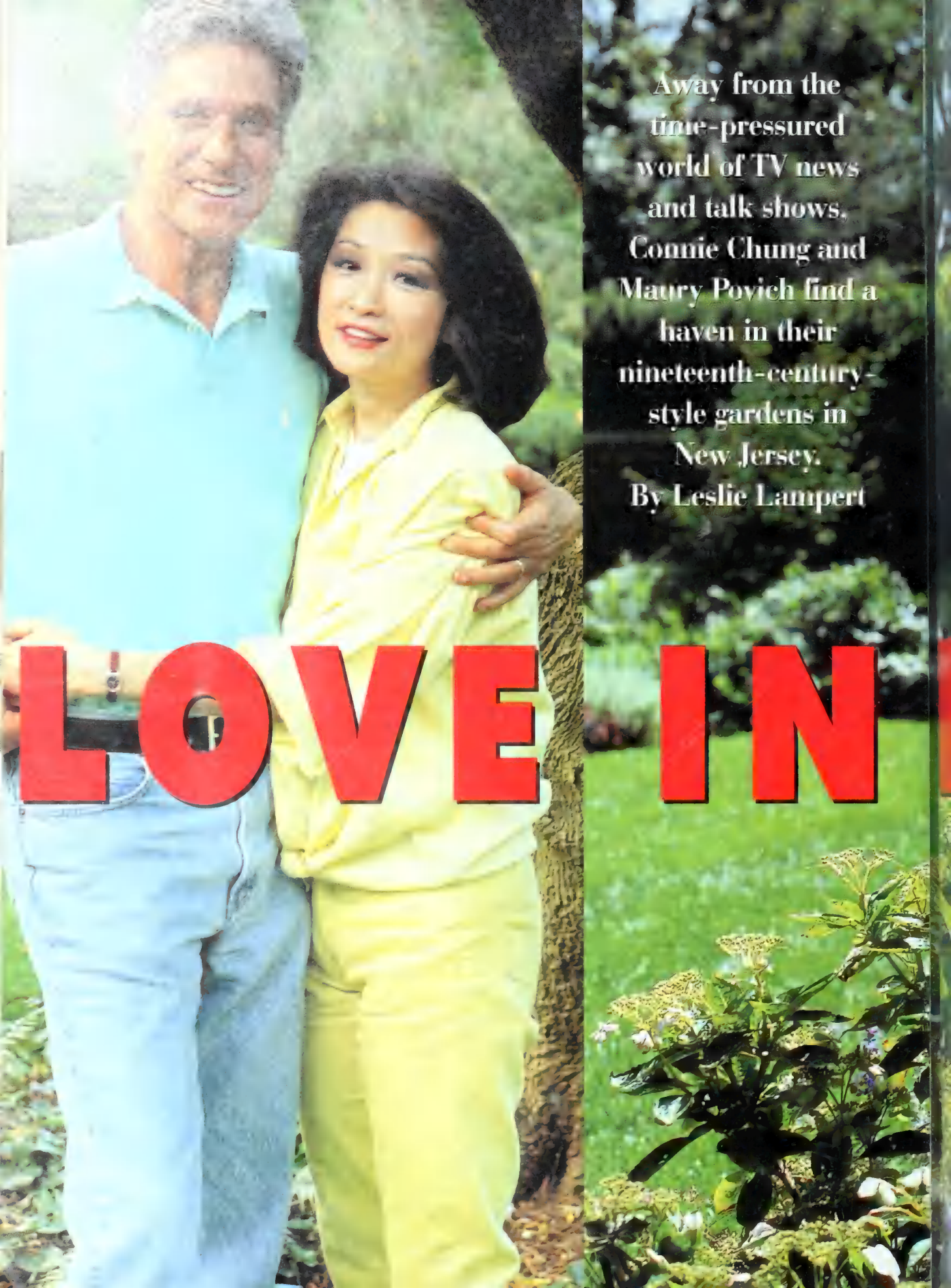


Photos: Mark Duggan; Hair: Howard Soll; Makeup: Sharon [illegible]



Summer stock: Shirtdresses are certainly not newcomers to summer dressing, but these styles have an element of surprise. Left: Agnès B.'s spare, sleeveless, notch-collared dress is streamlined, sultry and quite long—a far cry from stodgy shirtdresses of summers past. We gave the look thirties appeal with round sunglasses, a beret (you'll be seeing a lot of these!) and blue suede slides. Shoes, Agnès B.; glasses, Morgenthal-Frederics; beret, Patricia Underwood. Right: Anne Klein II's short-sleeve shirtdress is another version of a dress designed to be worn with a T-shirt: in this case, basic black. It's a great, effortless look for work; unbutton it from hem to thigh, and it goes on the town at night, too. Shoes, Anne Klein II.





LOVE IN

Away from the time-pressured world of TV news and talk shows, Connie Chung and Maury Povich find a haven in their nineteenth-century-style gardens in New Jersey.

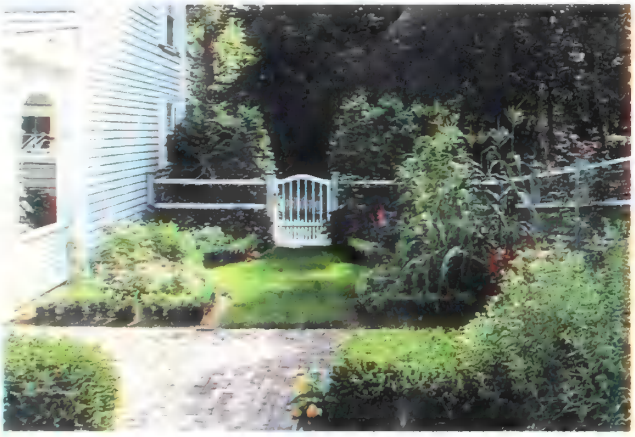
By Leslie Lampert


BLOOM

"This garden is a blend of both of our personalities"

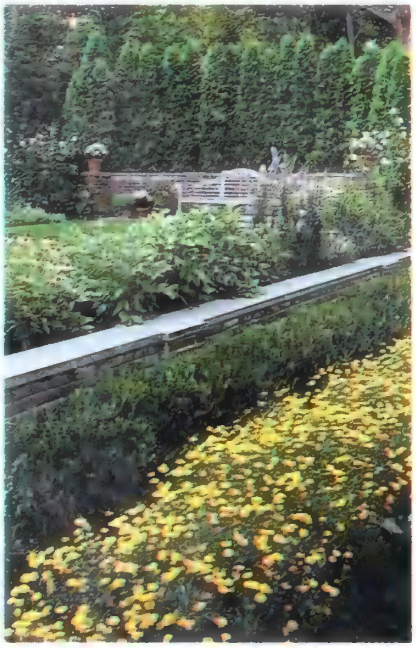
When CBS News correspondent and anchor Connie Chung and her husband of eight years, Maury Povich, executive producer and host of *The Maury Povich Show*, decided to take their city-bred souls to the country, their first priority was to find a place where they could totally unwind. "The second objective," quips Connie, "was to make sure that the house was located near a country club so that Maury could indulge his favorite relaxation technique—golf."

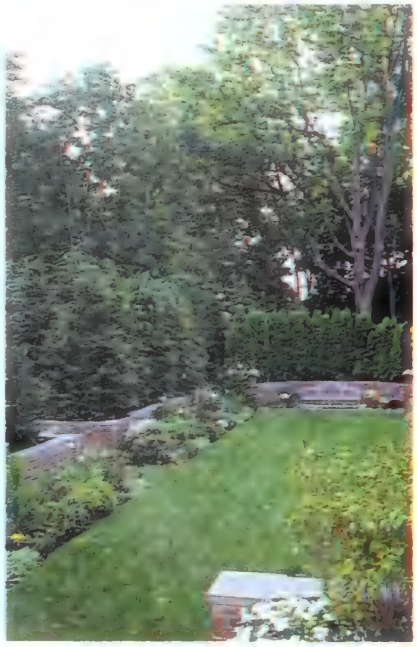
So when the couple discovered an 1832 farmhouse on three and a half wooded acres in New Jersey—around the corner from a golf course—they knew they had found their spot. "We wanted to transform the woods into beautiful gardens," says Connie, who credits her mom and Maury's for their shared flower passion, "but we also wanted to preserve the integrity of the house's period style." So with the help of landscape architect Steven Krog of Krog & Tegnell, in Bronxville, New York, they set forth to design a layout using flowers in soft pastels (pinks and lavenders) found in early nineteenth-century English gardens, deliberately staying away from the bright reds and yellows associated with contemporary hybrid species. The result? A medley of muted yet lush flowers that

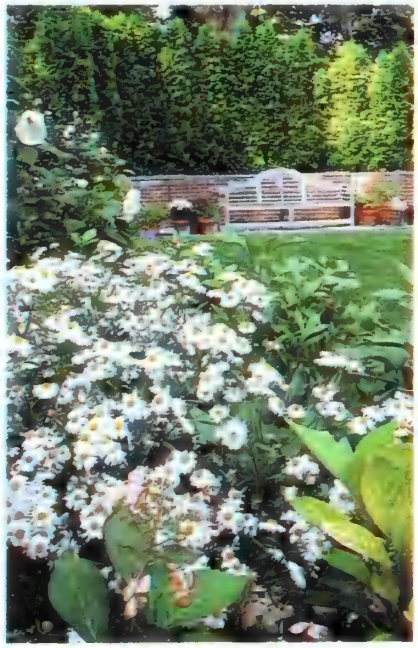




Connie and Maury wanted the gardens to harmonize with their 1832 Greek Revival–style home. With the help of landscape architect Steven Krog, they re-created a nineteenth-century design that includes a vegetable garden, top left, a reading garden filled with daylilies, top right, and a perennial border garden featuring boxwood hedge, Marguerite daisies and boltonia, bottom.









The herb and vegetable garden, just outside the kitchen, bears basil, chives, rosemary, tomatoes, peppers, corn and zucchini.

blossoms continuously from summer through late September.

The gardens are divided into three separate areas: the kitchen garden, as it was called in the 1800s, for herbs and vegetables; the secret garden (Connie's pet name for the private place she and Maury go to read or just be with each other); and the symmetrical perennial border garden that is the star of the landscape design and Connie's source for cuttings that are displayed proudly inside the house. Says Maury, "We plan to create a nature walk through the woods that will begin at the secret garden."

The border garden, which boasts white and pink phlox, purple salvia and hydrangea—Connie's favorite flower from her childhood days in Washington, D.C.—was purposely designed to be extremely orderly (like Connie) yet casual (like Maury), "thereby reflecting both of their personalities," explains Krog. The beds were designed with an eye toward low maintenance, since the couple's hectic work schedules limit their ability to tend the garden. "We love coming here to unwind," says Maury. "As soon as we arrive at the house, we take our ceremonial walk through the gardens to see what's blooming, and the day's stresses just seem to melt away instantly."

How to grow a nineteenth-century garden

To help you create your own historic garden, we asked landscape architect Steven Krog, of Krog & Tegnell, in New York, for tips

The focal point of Connie and Maury's garden is the symmetrical perennial border garden, which was a common garden type during the early 1800s. The basic design is simple: A strong central axis, such as a grass, gravel or stone pathway, is bordered on either side with symmetrical beds. This gives the garden a very regular, almost formal appearance.

To achieve a similar effect in your own yard, lay out your flower beds with sharp, straight edges. Plant two beds of equal size and shape, one on each side of a wide, well-defined path, or plant four corner beds where two paths intersect. Both configurations became popular because they allow easy access to the garden for weeding or cutting flowers.

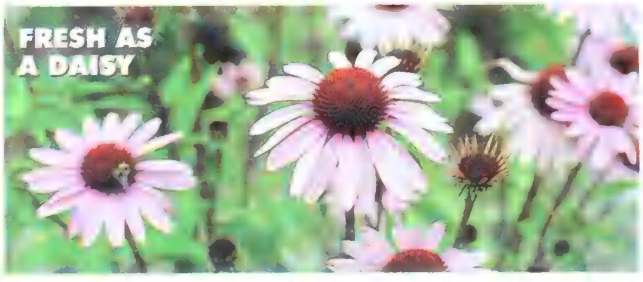
Since hybridization was not yet widespread in the early 1800s, today's favorite varieties did not exist. For historical accuracy in your garden, choose old-fashioned columbine, false indigo, coneflower, daylily, lupines, peony and globeflower. (All of these, including those pictured below, are still readily available.) Two flowering shrubs—popular then and now—are sweet mock-orange and hydrangea.

Although the symmetrical nature of the borders gives this type of garden a very orderly appearance, there are few rules governing the placement of plants within the beds. The main goal is to include plants in each bed that bloom at different times of the year so that the garden has color throughout the season. A few spring bloomers that might have grown in an early-nineteenth-century garden include violets, bleeding heart and pinks. For midsummer color, add hollyhocks and lavender. To extend the season into early fall, plant phlox and New England asters. Set your chosen combination of plants somewhat close together and avoid isolating them from one another—nineteenth-century gardeners placed many different plants side by side, the way they grow in nature.

—SHARLENE KING JOHNSON

LHJ SPECIAL OFFER

TO ORDER, TURN TO PAGE 193



A member of the daisy family, the coneflower (Echinacea) is unusual because of its rosy color and prominent raised center. This sun-loving perennial blooms August through September and can reach heights of forty-eight inches.



To extend the season in your flower garden, the lovely golden flowers of rudbeckia goldsturm, better known as black-eyed Susan, will keep blooming through September. This easy-care perennial produces large, long-stemmed flowers.



A hardy plant that requires little maintenance, our giant, mixed-color columbine produces stunning four-inch flowers in blue, pink, maroon, purple, red and yellow.



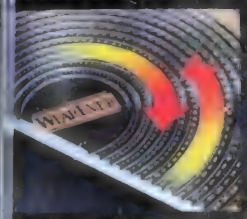
The aptly named Canterbury bells produce masses of lovely blue, rose, pink and white bell-shaped flowers. The bushy, thirty-six-inch plant prefers a sunny spot with well-drained soil.



The tall, graceful hollyhock easily reaches heights of four to five feet with large, ruffled double flowers that bloom July through September during the second season of planting.

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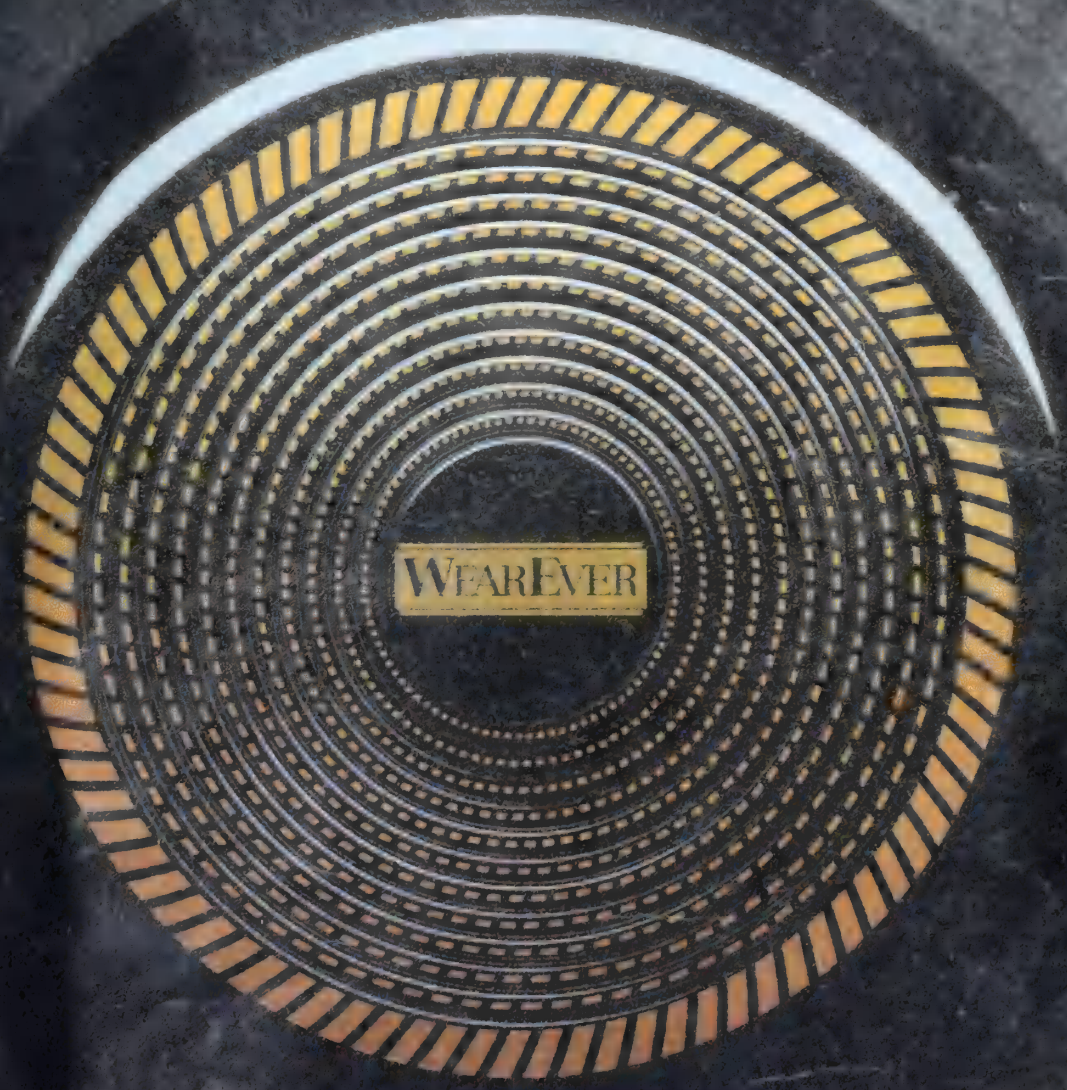


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“牛肉 晚餐最佳選擇”

Which certainly says a mouthful. After all, a nice beef dinner sounds like a real good idea in any language. And just because your busy day leaves little time to cook, doesn't mean that you and your family have to settle for anything less.

© 1993 Beef Industry Council and Beef Board

SZECHWAN BEEF STIR FRY - 30 MINUTES

- 1-lb beef flank steak
- 2 Tbsp reduced-sodium soy sauce
- 4 tsp Oriental dark roasted sesame oil, divided
- 1½ tsp sugar
- 1 tsp cornstarch
- 2 cloves garlic, crushed
- 1 Tbsp minced fresh ginger
- ¼ tsp crushed red pepper pods
- 1 small red bell pepper, cut into 1-inch pieces
- 1 package (8 oz) frozen baby corn, defrosted
- ¼ lb pea pods, julienned

Cut beef steak lengthwise into 2 strips; slice across the grain into ⅛-inch thick strips. Combine soy sauce, 2 tsp oil, sugar and cornstarch; stir into strips. Heat remaining 2 tsp oil in large skillet over medium-high heat. Add garlic, ginger and pepper pods; cook 30 seconds. Add bell pepper and corn; stir-fry 1½ minutes. Add pea pods; stir-fry 30 seconds. Remove vegetables from the skillet; reserve. Stir-fry beef strips (half at a time) 2 to 3 minutes. Return vegetables and beef to skillet and heat through. Four servings. (Serving suggestion: Hot cooked white rice.)

Armed, for instance, with this simple recipe, a few ingredients and a single wok or frying pan you can put together a delicious dinner as easy as 壹...貳...叁.

BEEF

IT'S WHAT'S FOR DINNER.

Food Journal



GREAT SUMMER PARTIES

EASY, EASIER, EASIEST: THREE ELEGANT MENUS FOR BREEZY, WARM-WEATHER ENTERTAINING

THE LATEST DISH

THIS MONTH'S TRENDS AND TIPS: HOT-SELLING TORTILLAS, CALCIUM UPDATE, SECRETS FROM A TOP CATERER AND MORE

easier, easiest

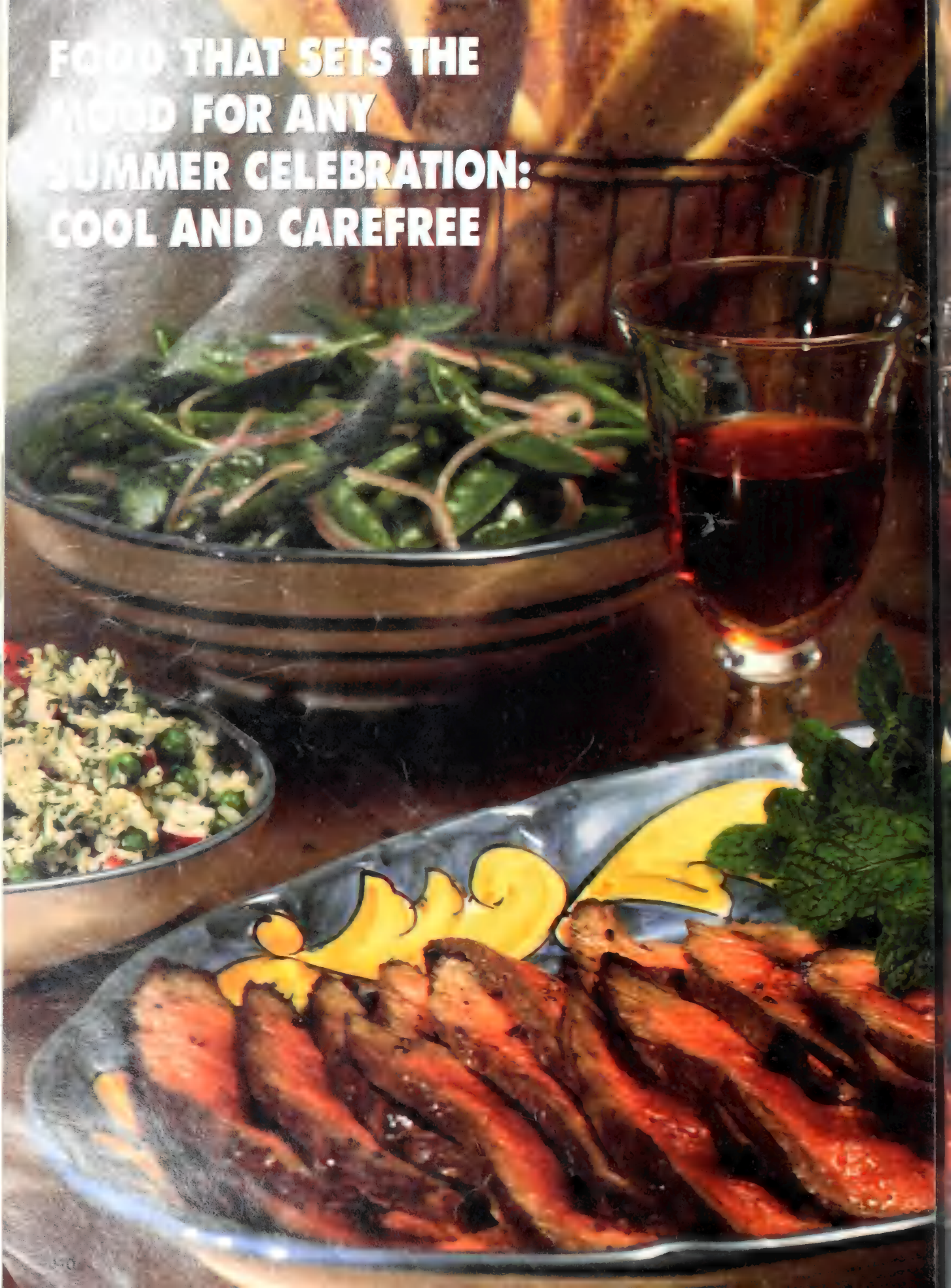
REAT SUMMER PARTIES

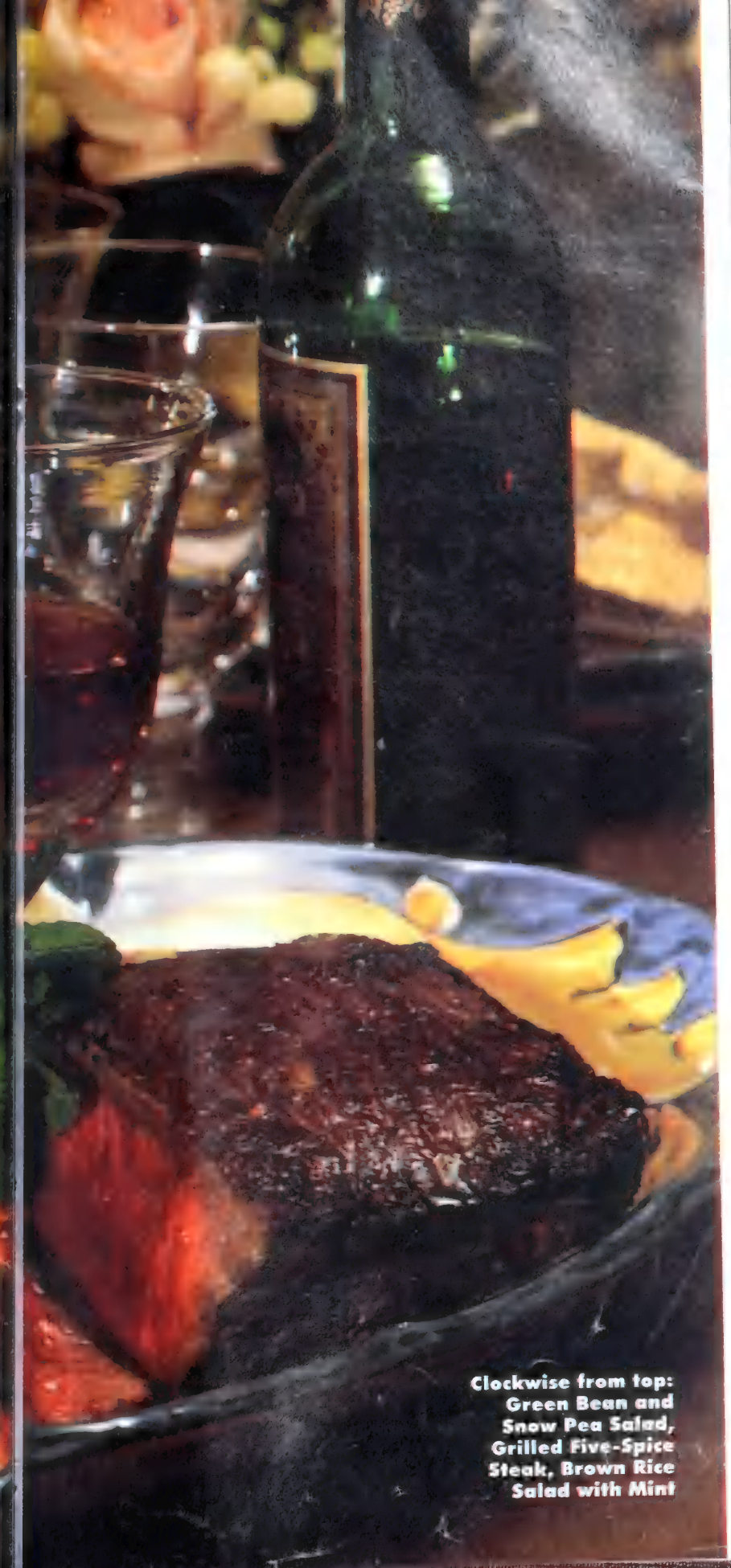


Left: Southwest Stuffed Chicken Breasts with Black Bean Salad. Right: Jerk Pork Tenderloin with Mango Relish, Creamy Lime Potato Salad

Fabulous food with no fuss is what summer entertaining is all about. So take it easy—our party-perfect menus will make any occasion special in no time flat. By Jan T. Hazard, Food Editor




FOOD THAT SETS THE
MOOD FOR ANY
SUMMER CELEBRATION:
COOL AND CAREFREE



Clockwise from top: Green Bean and Snow Pea Salad, Grilled Five-Spice Steak, Brown Rice Salad with Mint

MENU

THIS MENU FOR EIGHT ONLY LOOKS LIKE A BIG PRODUCTION. ALTHOUGH YOU PREPARE EVERYTHING, MOST OF THE FOOD CAN BE MADE AHEAD AND ASSEMBLED JUST BEFORE SERVING.

*SHRIMP WITH WONTON CHIPS
*GRILLED FIVE-SPICE STEAK
*GREEN BEAN AND SNOW PEA SALAD
*BROWN RICE SALAD WITH MINT
*ASSORTED MINI BAGUETTES
*PEACHES 'N' CREAM SHORTCAKE
PINOT NOIR WINE

*RECIPE GIVEN

○ Easy ● Challenging ▼ Low-fat
Moderate Ⓜ Microwave Low-calorie

SHRIMP WITH WONTON CHIPS

The components of these tasty hors d'oeuvres can be made ahead and assembled quickly at the last minute. That way, the crispy wontons don't get soggy.

Prep time: 25 minutes ○
Cooking time: 6 to 7 minutes

12 wonton wrappers*
2 tablespoons butter or margarine, melted
Salt
24 medium shrimp, peeled and deveined
1/3 cup mayonnaise
2 teaspoons soy sauce
3/4 teaspoon grated fresh ginger
1/2 teaspoon Oriental sesame oil
1/4 teaspoon red pepper sauce
Pinch sugar
Watercress

Preheat oven to 375°F. Arrange wonton wrappers on cookie sheet. Brush both sides with butter. Cut each wrapper diagonally into 4 triangles. Bake 3 minutes. Turn wrappers over and bake 3 to 4 minutes more, until golden. Cool on wire rack. *(Can be made ahead. Store in airtight container up to 2 days.)*

Heat large saucepot of water and 1/2 teaspoon salt to boiling over medium-high heat. Add shrimp; cook until opaque, 2 minutes. Drain; rinse under cold water. Cut shrimp in half lengthwise. *(Can be made ahead. Cover and refrigerate up to 6 hours.)*

Combine mayonnaise, soy sauce, ginger, sesame oil, pepper sauce and sugar in small bowl. *(Can be made ahead. Cover and refrigerate up to 6 hours.)* Spoon 1/2 teaspoon sauce onto each wonton triangle. Top each with one half shrimp and a watercress leaf. Makes 4 dozen appetizers.

*Wonton wrappers are available in the supermarket produce section and in Asian markets.

Per appetizer		Daily goal
Calories	30	2,000 (F); 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	14 mg	300 mg or less
Sodium	52 mg	2,400 mg or less
Carbohydrates	1 g	250 g or more
Protein	2 g	55 g to 90 g

(continued)



(continued)

GRILLED FIVE-SPICE STEAK

Budget recipe of the month *Whether you use it for beef or lamb, this marinade is sure to become your favorite. Peel the ginger, then grate, cover any unused ginger with sherry, and refrigerate.*

Prep time: 10 minutes plus marinating ○
Cooking time: 24 to 30 minutes

Marinade
- ¼ cup soy sauce
- 2 tablespoons minced fresh ginger
- 2 tablespoons minced garlic
- 1 tablespoon vegetable oil
- 1 tablespoon cider vinegar
- ½ teaspoons red pepper flakes
- 2 teaspoons five-spice powder

2 pounds top round steak, 1½ inches thick, or 1 small leg of lamb, butterflied (3–3½ lb.)

Marinade: Combine soy, ginger, garlic, vinegar, pepper flakes and five-spice powder in shallow dish.

Add meat to marinade, turning to coat. Cover and refrigerate overnight.

One hour before grilling, remove meat from refrigerator. Prepare grill. Arrange over medium coals 12 to 15 minutes per side for medium-rare. (Because butterflied lamb is of uneven thickness, the thicker part might grill a bit longer.) Let stand 10 minutes. Slice very thin across the grain. Makes 10 servings.

Per 3-oz serving		Daily goal
Calories	195	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	72 mg	300 mg or less
Sodium	463 mg	2,400 mg or less
Carbohydrates	1 g	250 g or more
Protein	26 g	55 g to 90 g

TEST-KITCHEN TECHNIQUES

Grilling tips

Our Grilled Five-Spice Steak can be made with beef or lamb. Whichever meat you choose, here's how to serve it up juicy and uniformly grilled.

Round steak is one of several cuts of beef that is often labeled London broil. For grilling, be sure to buy top round (tougher bottom round is better for braising). Because it's so lean, round steak is most tender when it's sliced very thin at a slight angle across the grain.

A butterflied leg of lamb is thick at one end and thinner at the other. Separate the two pieces and grill each to desired doneness.

GREEN BEAN AND SNOW PEA SALAD

To preserve the vibrant green color of th vegetables, toss them with dressing at th very last minute.

Prep time: 15 minutes ▽○
Cooking time: 2 minutes

Salt
1½ pounds green beans, trimmed
½ pound snow peas, trimmed
3 tablespoons rice wine vinegar or white vinegar
½ teaspoon freshly ground pepper
¼ cup vegetable oil
½ cup thinly sliced red onion

Heat large saucepot of water and 1 tea spoon salt to boiling over medium-hig heat. Add beans and cook 2 minutes. Ad snow peas and cook 30 seconds more Drain and rinse under cold water. *(Ca be made ahead. Cover and refrigerate u to 24 hours. Remove from refrigerator hour before serving.)*

Whisk vinegar with 1 teaspoon sa and the pepper in large bowl. Gradual whisk in oil. Add green beans, snow pea and red onion; toss to coat well. Make 8 servings.

Per serving		Daily goal
Calories	100	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M
Saturated fat	1 g	20 g or less (F); 23 g or less (M
Cholesterol	0 mg	300 mg or less
Sodium	350 mg	2,400 mg or less
Carbohydrates	9 g	250 g or more
Protein	2 g	55 g to 90 g

BROWN RICE SALAD WITH MINT

For the best texture, combine the vegeta bles and rice just before serving. You ca prepare all the other ingredients ahea and store them separately.

Prep time: 20 minutes ▼○
Cooking time: 45 minutes

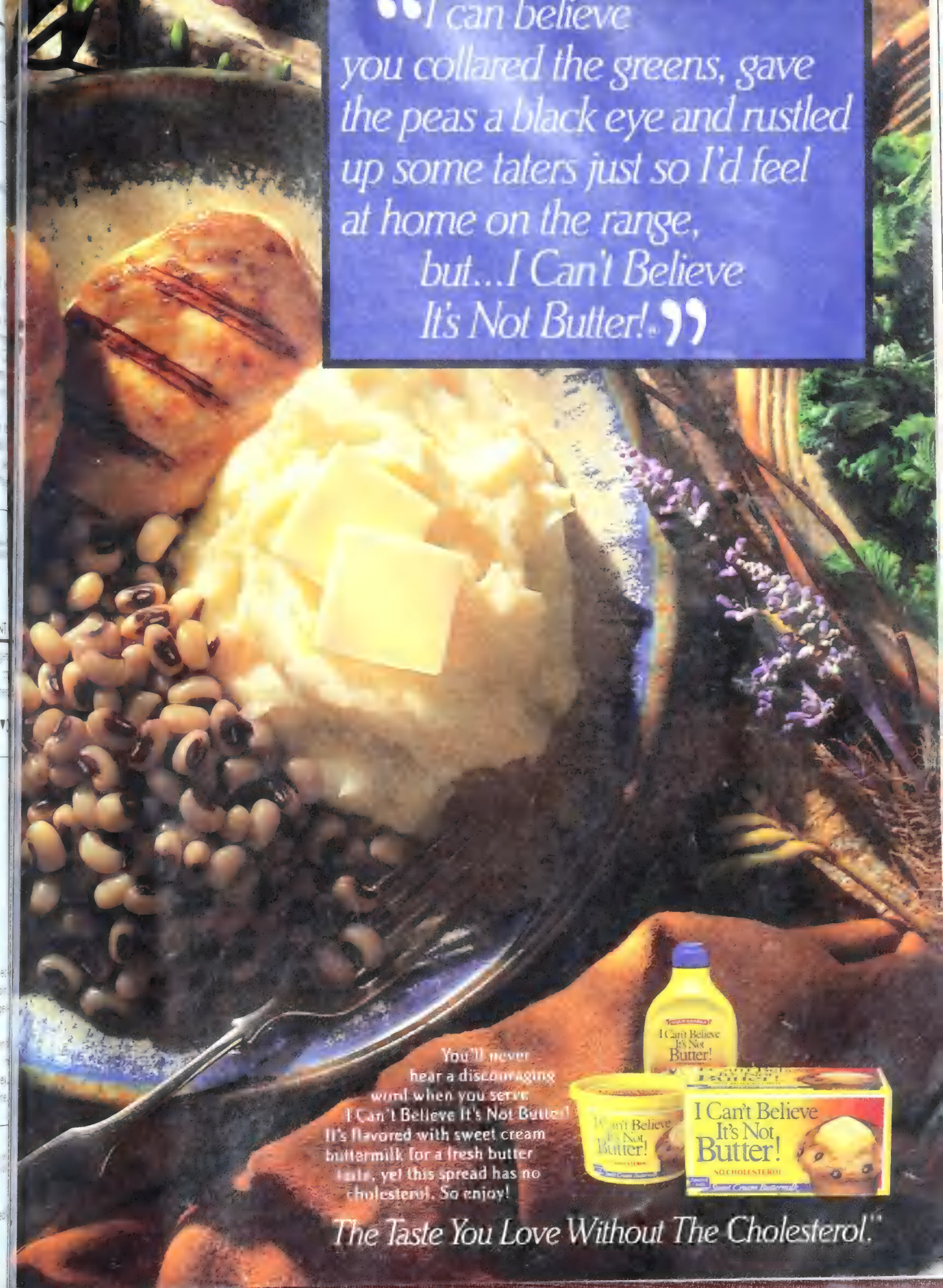
2 cups long-grain brown rice
¼ cup fresh lime juice
½ teaspoon sugar
½ teaspoon salt
½ teaspoon freshly ground pepper
3 tablespoons vegetable oil
1 cup frozen peas, thawed
1 cup diced radishes
¾ cup chopped fresh mint
½ cup chopped fresh parsley
¼ cup thinly sliced green onions

Cook rice according to package direc tions; rinse under cold water and drain *(Can be made ahead. Cover and refrige ate up to 24 hours.)*

Whisk lime juice with sugar, salt an pepper in large bowl. Gradually whisk i oil. Add peas, radishes, mint, parsley green onions and rice; toss to combine Makes 8 servings.

Per serving		Daily goal
Calories	240	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M
Saturated fat	1 g	20 g or less (F); 23 g or less (M
Cholesterol	0 mg	300 mg or less
Sodium	166 mg	2,400 mg or less
Carbohydrates	40 g	250 g or more
Protein	5 g	55 g to 90 g

(continued)


"I can believe you collared the greens, gave the peas a black eye and rustled up some taters just so I'd feel at home on the range, but...I Can't Believe It's Not Butter!®"
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F.Y.I.

Five-spice powder

dd a hint of exotic flavor to your favorite poultry and at entrées and marinades with eguiling blend of spices. Sweet d aromatic, five-spice powder is mmonly used in southern Chi- and in Vietnam. Star anise is e predominant spice in the end; others may include fennel, oves, cinnamon, peppercorns, orice root, cardamom and gin- r. Five-spice powder is available the supermarket spice section id in Asian markets. It can also ordered by mail from Adriana's azaar, 2152 Broadway, New ork, NY 10023; 212-877-5757.

SORTED MINI BAGUETTES

ct a variety of toppings for these over- homemade breadsticks. Your guests will reciate the extra effort—there's no need eveal how easy they really are to make!

p time: 25 minutes plus rising
oking time: 12 to 14 minutes

ackages active dry yeast
easpoons sugar
ups warm water (105°F.–115°F.)
cup olive oil
ablespoon salt
o 6 cups all-purpose flour
arge egg white, lightly beaten
opings: minced onion, coarse sea salt, cracked pepper, anise seeds, poppy seeds and sesame seeds

solve yeast and sugar in warm water in ge mixer bowl. Let stand until foamy, 5 nutes. Stir in oil and salt. Gradually beat flour until dough pulls away from sides of wl. Transfer to lightly floured surface and ead until smooth and elastic, 8 to 10 nutes. Place in lightly oiled bowl, turning oil top. Cover and let rise in warm, draft- e place until doubled in bulk, 1 hour.

Punch down dough. Divide evenly into equal pieces and roll into balls. Cover d let stand 5 minutes. Grease 2 cookie eets. Roll each ball into 14-inch rope d place on prepared cookie sheets. over and let rise until almost double in ulk, 20 to 25 minutes.

Meanwhile, preheat oven to 450°F. ently brush egg white on loaves. Sprin- e with choice of toppings. Bake 12 to 4 minutes, rotating cookie sheets once, ntil golden. *(Can be made ahead. Cool ompletely. Wrap well and freeze up to 2 eeks. Reheat in preheated 350°F. oven 10 minutes, rotating sheets once.)* Makes 16 baguettes.

Per baguette		Daily goal
Calories	205	2,000 to 2,500 (M)
Total fat	5 g	60 g or less; 70 g or less (M)
Saturated fat	1 g	20 g or less; 25 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	417 mg	2,400 mg or less
Carbohydrates	35 g	250 g or more
Protein	5 g	55 g to 90 g

PEACHES 'N' CREAM SHORTCAKE

pictured on page 167

Test-kitchen favorite *There's no better way to celebrate the harvest of peaches and nectarines than by making a shortcake. The subtle flavor and color of the pastry comes from a surprise ingredient—pecans.*

Prep time: 50 minutes ○
Baking time: 24 to 25 minutes

2 1/4 cups all-purpose flour
1/2 cup pecans, ground fine
2 teaspoons baking powder
1/2 teaspoon salt
7 tablespoons unsalted butter, softened
4 tablespoons sugar, divided
1 cup heavy or whipping cream, divided

Filling
1 cup heavy or whipping cream
2 tablespoons sour cream
1/4 cup confectioners' sugar
1 teaspoon vanilla extract
4 cups thinly sliced peaches or nectarines, divided

Confectioners' sugar
Mint sprigs (optional)

Preheat oven to 375°F. Line 2 cookie sheets with foil. Combine flour, nuts, baking powder and salt in medium bowl. Beat butter and 3 tablespoons sugar in large mixer bowl until creamy. Add dry ingredients and beat at medium speed until mixture resembles fine crumbs.

Reserve 1 tablespoon cream; add remaining cream to pastry and beat until just blended. Knead pastry gently 3 to 4 times to form a smooth ball. Divide pastry into thirds. On lightly floured surface, roll each piece to 8-inch circle. Transfer pastry to prepared cookie sheets. Brush evenly with reserved cream and sprinkle with remaining 1 tablespoon sugar. Score one circle into 8 wedges (do not separate). Bake 24 to 25 minutes, rotating cookie sheets once, until golden. Cool on foil on wire racks. Remove foil and cut scored pastry into 8 wedges. Set aside.

Filling: Combine cream, sour cream, confectioners' sugar and vanilla in mixer bowl. Beat at medium speed to soft peaks. Reserve 8 peach slices for garnish. Fold remaining peaches into whipped cream.

To assemble, place one uncut pastry circle on serving plate and top with half the filling. Layer with second pastry circle, then remaining filling. Arrange reserved peach slices evenly on top, spoke fashion. Place 1 reserved pastry wedge on each peach slice at a slight angle. Sift confectioners' sugar on top and garnish with mint leaves. Makes 8 servings. *(continued)*

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2. Clearly type or print your name and address on entry form or a postcard.
3. Send entries to "America Discovers Kikkoman," P.O. Box 7274, Clinton, IA 52736.
4. All entries must be postmarked no later than November 30, 1993. No responsibility is assumed for lost, late or misdirected entries.
5. Winners will be selected by a random drawing from all entries received on or about December 15, 1993, and will be notified by mail.
6. Entry constitutes permission to use winner's name and hometown for promotional purposes. Winner will be required to sign Affidavit of Eligibility, and winner and travel companion will be required to sign a Release of Liability within 10 days of notification.
7. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes, if any, are the sole responsibility of the winners.
8. Trip subject to availability and must be started no later than December 31, 1994. Trip includes airfare and accommodations for two people for six nights to any city in the continental U.S. An allowance of $1,000 for dining and activities is included in the award. Total value of award: up to $5,000.
9. For a list of prizewinners (available after December 15, 1993) include a separate, self-addressed stamped envelope with entry.
10. Odds of winning depend on the number of entries received.
11. One entry per household.

***AMERICA DISCOVERS KIKKOMAN* SWEEPSTAKES**

Name: _____
Address: _____
City/State: _____ ZIP: _____
Phone: _____

Please check one:
☐ I have already discovered the great taste of naturally brewed Kikkoman Soy Sauce!
☐ I would like to discover the great taste of naturally brewed Kikkoman Soy Sauce!

LHJ

Mexitalian Lasagna.

Hormel Chili No Beans gives an Italian classic a real Mexican accent.

1 (15 oz.) can Hormel Chili No Beans
1 (16 oz.) jar Mexican salsa, drained
1 (4 oz.) can sliced mushrooms, drained
¼ cup grated Parmesan cheese
1½ teaspoons Italian seasoning
1½ cups cottage cheese
1½ teaspoons dried parsley flakes
9 lasagna noodles, cooked
2½ cups shredded mozzarella cheese
Vegetable cooking spray

Heat oven to 350°F. In large bowl, combine chili, drained salsa, mushrooms, Parmesan cheese and Italian seasoning. In small bowl, stir together cottage cheese and parsley flakes. Layer noodles, cottage cheese, chili mixture and mozzarella cheese in a 9 x 9-inch baking dish coated with vegetable cooking spray, repeat to make three layers. Bake for 25 to 30 minutes or until lasagna is thoroughly heated. Let stand 10 minutes before serving. Serves 6 to 9.

THERE'S A NAME FOR FOOD THIS GOOD™

Hormel



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Great summer parties

continued

Per serving	Daily goal
[illegible]	2,000 (F), 2,500 (M)
[illegible]	[illegible] g or less (F), 70 g or less (M)
[illegible]	[illegible] g or less (F), 23 g or less (M)
[illegible]	[illegible] mg or less
[illegible]	2,400 mg or less
[illegible]	[illegible] g or more
[illegible]	[illegible] g

—MENU—

CARIBBEAN FLAVORS INSPIRE THIS MENU FOR EIGHT, WHICH MAKES SHORT WORK OF THE DELIGHTFULLY SPICY, SUCCULENT PORK ENTREE AND SPOTLIGHTS THE ULTRACREAMY DESSERT.

PEANUTS IN THE SHELL
VEGETABLE CHIPS
*QUICK PEPPER JELLY AND CREAM CHEESE ON FLATBREAD, CUCUMBER ROUNDS AND BELGIAN ENDIVE LEAVES
*JERK PORK TENDERLOIN WITH MANGO RELISH
*CREAMY LIME POTATO SALAD
MIXED GREEN SALAD
BISCUITS
*TROPICAL CHIFFON PIE
BEER

*RECIPE GIVEN

QUICK PEPPER JELLY

Fastest recipe of the month *Spicy jelly poured over cream cheese makes an instant hors d'oeuvre spread. You can buy pepper jelly, but it takes only minutes to make your own. Don't be timid—go for more pepper flakes!*

Prep time: 1 minute plus chilling
Cooking time: 5 minutes

¾ cup apple jelly (10-oz. jar)
¼ to 1 teaspoon red pepper flakes

Combine apple jelly and pepper flakes in small saucepan. Cook, stirring, over low heat until melted, 5 minutes. Transfer to small bowl. Cover and refrigerate 2 hours or overnight. Makes ¾ cup.

Note: Pepper jelly is also available in specialty markets or by mail from Hot Stuff, 800-466-8206.

Per teaspoon	Daily goal
[illegible]	[illegible] (F), 2,500 (M)
[illegible]	[illegible] g or less (F), 70 g or less (M)
[illegible]	[illegible] g or less (F), 23 g or less (M)
[illegible]	[illegible] mg or less
[illegible]	[illegible] mg or less
[illegible]	[illegible] g or more
[illegible]	[illegible] g

JERK PORK TENDERLOIN WITH MANGO RELISH

The native Indians in Jamaica used spices to preserve meats (the name jerk is derived from the Spanish word for dried meat). Today, jerk refers to the seasoning—a lively mix of cinnamon, allspice, onions, green onions, lime juice and hot Scotch bonnet chiles.

Prep time: 40 minutes plus standing
Cooking time: 16 to 30 minutes

Marinade
- ¼ cup bottled jerk seasoning*
- ½ cup minced green pepper
- ½ cup minced red pepper
- ¼ cup minced onion
- 2 tablespoons minced green onion
- 3 tablespoons fresh orange juice
- 2 tablespoons vegetable oil
- 1½ teaspoons thyme
- 1½ teaspoons cinnamon
- 1½ teaspoons nutmeg
- 1½ teaspoons allspice
- 1 teaspoon salt
- ½ teaspoon brown sugar

3 packages (1¼–1½ lb. each) pork tenderloins or 8 to 12 pork chops, ¾-inch thick

Mango Relish
- 1 tablespoon honey
- 1 teaspoon cider vinegar
- 2 medium mangoes, diced (2 cups)
- 2 oranges, peeled, sectioned and diced
- Half of 1 red pepper, minced (½ cup)
- 2 tablespoons chopped fresh parsley

Marinade: Combine all ingredients in large shallow dish.

Add pork to marinade, turning to coat. Cover and refrigerate 1 hour. *(continued)*

BRAVE AND FREE

by Perillo



)oll shown smaller than
ctual seated height of
pproximately 10".

...summer parties

...before grilling, remove ...refrigerator. Prepare ...broiler. Grill over medi... 10 minutes per side for ... 15 minutes per side for ... Or broil 3 inches from heat ...e 8 to 10 minutes per side for choos... 10 to 12 minutes per side for tenderloins, or until meat thermometer inserted in the thickest part reaches 160°F. Let tenderloins stand 5 minutes, then slice thin diagonally. Arrange pork on serving platter. Top with Mango Relish. Makes 8 servings.

Mango Relish: Combine honey and vinegar in medium bowl. Add mangoes, oranges, red pepper and parsley, tossing to coat.

*Jerk seasoning can be ordered from Hot Stuff, 800-466-8206, and Mo-Hotta Mo-Betta, 800-462-3220.

Per serving		Daily goal
Calories	365	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	153 mg	300 mg or less
Sodium	424 mg	2,400 mg or less
Carbohydrates	17 g	250 g or more
Protein	50 g	55 g to 90 g

CREAMY LIME POTATO SALAD

Food editor's choice *With lime peel and juice to heighten flavor and a yogurt-mayo mixture to cool things down, this refreshing side dish is a perfect foil for the spicy pork.*

Prep time: 15 minutes
Cooking time: 30 minutes

4 pounds small new potatoes, scrubbed
Salt
1/4 cup fresh lime juice
3/4 teaspoon grated lime peel
1 teaspoon cumin
1/2 teaspoon freshly ground pepper
1/2 cup minced red onion
1 container (8 oz.) plain low-fat yogurt
1/2 cup mayonnaise
1/4 cup chopped fresh parsley

Place potatoes and 1 teaspoon salt in water to cover in large saucepot. Bring to boil over medium-high heat and cook until potatoes are just tender, 15 minutes. Drain. Cool 15 minutes.

Meanwhile, combine lime juice, lime peel, cumin, 1 teaspoon salt and the pepper in large bowl. Cut warm potatoes into ...-inch-thick slices and add to lime dressing. Cover and cool completely. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Stir onion, yogurt, mayonnaise, and parsley together in small bowl. Stir into potatoes. Makes 12 cups.

Per cup		Daily goal
Calories	241	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	8 mg	300 mg or less
Sodium	424 mg	2,400 mg or less
Carbohydrates	36 g	250 g or more
Protein	5 g	55 g to 90 g



TROPICAL CHIFFON PIE

Indulgent but worth it *A dazzling dessert flavored with cream of coconut, rum, bananas and pineapple will make quite a splash at any summer party.*

Prep time: 1 hour plus chilling
Baking time: 23 to 25 minutes

Pastry
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup vegetable shortening
- 3 tablespoons ice water

- 1 envelope plus 1 teaspoon unflavored gelatin
- 3 tablespoons dark rum
- 2 tablespoons cold water
- 1 small can (8 3/4 oz.) cream of coconut
- 1/2 cup milk
- 3 large eggs, separated
- 1 tablespoon sugar
- 1 cup heavy or whipping cream
- 1 can (8 oz.) pineapple slices in unsweetened juice, drained and diced
- 1/2 cup shredded coconut
- 1 large banana, sliced

Topping
- 1 cup sliced strawberries plus 1 whole strawberry
- 1/4 cup shredded coconut, toasted
- 1/4 cup macadamia nuts or chopped, toasted pecans

Pastry: Combine flour and salt in large bowl. With pastry blender or 2 knives, cut in shortening until mixture resembles coarse crumbs. Add water 1 tablespoon at a time, tossing with fork until mixture holds together. Roll pastry into ball; flatten into disk. Wrap and refrigerate 30 minutes or up to 24 hours.

Roll pastry between 2 sheets of wax paper into 11-inch circle. Fit into 9-inch pie plate and flute edges. Freeze 15 minutes. Preheat oven to 425°F. Line pastry with foil and fill with dried beans. Bake 15 minutes. Remove foil and beans; bake 8 to 10 minutes more, until golden. Cool on wire rack. *(Can be made ahead. Wrap and store at room temperature up to 24 hours or freeze up to 1 week. If frozen, thaw completely, then crisp in preheated 350°F. oven 10 minutes.)*

Sprinkle gelatin over rum and water in small bowl. Heat cream of coconut and milk in medium saucepan to boiling. Whisk egg yolks lightly in medium bowl. Gradually whisk in hot coconut mixture. Return to saucepan and cook, stirring constantly, over medium heat until mixture thickens slightly and coats back of spoon, about 3 minutes. (Do not boil.) Remove from heat and add gelatin mixture, stirring until gelatin is completely dissolved, about 1 minute.

Transfer custard to large bowl. Place bowl in larger bowl filled with ice water. Stir frequently until cold and *just* beginning to set, 5 to 10 minutes. Immediately remove bowl from ice bath.

Meanwhile, beat egg whites in mixer bowl until foamy. Add sugar and continue beating until stiff. Whisk one third of whites into custard; fold in remaining whites. Beat cream in mixer bowl until stiff; fold into custard. Fold in pineapple, coconut and banana. Spoon into prepared pastry shell. Top with strawberries, toasted coconut and nuts. Cover with plastic wrap and refrigerate at least 3 hours. Makes 10 servings.

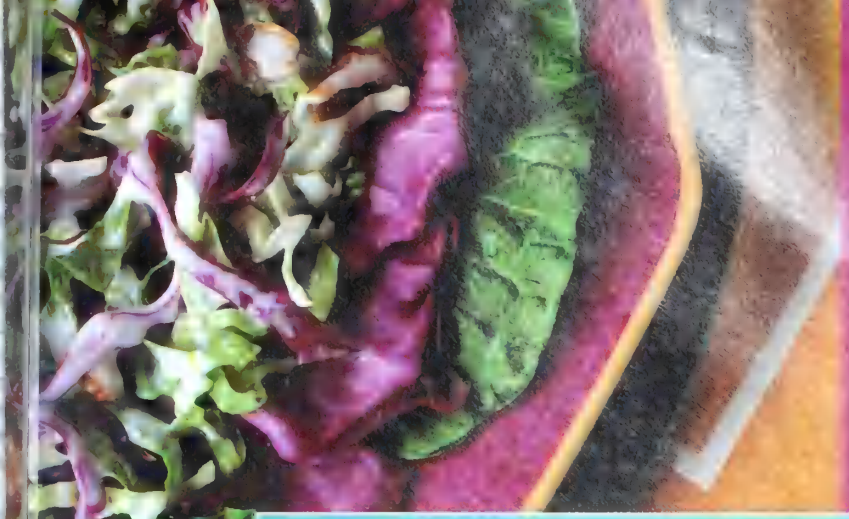
Per serving		Daily goal
Calories	430	2,000 (F), 2,500 (M)
Total fat	30 g	60 g or less (F); 70 g or less (M)
Saturated fat	16 g	20 g or less (F); 23 g or less (M)
Cholesterol	98 mg	300 mg or less
Sodium	176 mg	2,400 mg or less
Carbohydrates	30 g	250 g or more
Protein	7 g	55 g to 90 g

TEST-KITCHEN TECHNIQUES

Blind baking

What's the secret for a perfect pastry shell? Blind baking, an intriguing culinary term, is the piemaker's tried-and-true method for preventing pastry crust from slipping or shrinking. Line pastry with foil and weigh it down with pie weights, dried beans or raw rice, and bake until set. (Keep the beans or rice—they can be used again and again.) Remove the foil and beans and continue baking until the crust is golden. If the pastry puffs up, prick it with a fork. Cool the pastry, then fill as your recipe directs. The pastry can also be frozen for up to one week before filling. Let it thaw completely, then crisp in the oven at 350°F. for ten minutes.

(continued)



CRISPY BACON COLESLAW

¼ c. MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing
1 tbs. sugar
4 c. shredded green cabbage
1 c. shredded red cabbage
½ c. chopped peanuts
4 slices OSCAR MAYER® Bacon, crisply cooked, crumbled

Mix dressing and sugar in large bowl. Add remaining ingredients; mix lightly. Refrigerate. Makes 10 servings. Variation: Add ½ c. shredded carrot.

Who says you can't teach an old salad new tricks.



ROASTED POTATO SALAD

4 c. quartered unpeeled small red potatoes
1 c. MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing
4 slices OSCAR MAYER® Bacon, chopped, crisply cooked
2 hard-cooked eggs, chopped
¼ c. sliced green onions
¼ tsp. salt
¼ tsp. pepper

Heat oven to 425°F. Place potatoes on a 15x10x1-inch baking pan sprayed with no stick cooking spray. Bake 30 to 35 minutes, or until potatoes are tender and golden brown, stirring once. Mix dressing, bacon, eggs, onions, salt and pepper in large bowl. Add potatoes; mix lightly. Serve warm or chilled. Makes 6 servings.

For a free recipe booklet, call

1-800-MIRACLE

Limit one booklet per household. Allow 4-6 weeks for delivery. Offer expires 10/31/93 or while supplies last.



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CHOPS-Cut thin (3/8") to quickly saute. Thick c grill, roast, braise or panbroil.


STRIPS-For quick-cook salads, stir-fry dishes and sandwiches. Slice thinly (1/8") then cut into strips 2"-3" long.

Today's pork. Cut to the basics.

Any roast or larger cut of fresh pork holds the possibility of many quick, delicious meals. All it takes is a knife.


CUBES-Great for kabobs, stews, spaghetti sauce or one-dish meals. The smaller the cubes, the quicker they cook.


CUTLETS-The key is to cut them thin (about 1/8"). Flatten with palm of hand or a rolling pin. Saute or braise quickly.

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The Other White Meat.®
America's Pork Producers
1993 National Pork Producers Council in cooperation with the National Pork Board

MENU

THIS BUFFET FOR EIGHT CAN BE ASSEMBLED IN LESS THAN AN HOUR—IT'S IDEAL FOR ENTERTAINING WHEN YOU'RE PRESSED FOR TIME. ALL YOU NEED TO MAKE IS THE ENTRÉE: YOUR GUESTS WILL LOVE WHIPPING UP DESSERT!

TORTILLA CHIPS WITH
RED AND GREEN SALSAS
*SOUTHWEST STUFFED CHICKEN BREASTS WITH BLACK BEAN SALAD AND CREAMY CILANTRO DRESSING
CORN ON THE COB
GARLIC BREAD
WHITE-WINE SPRITZER OR BEER
MAKE-YOUR-OWN SUNDAES
(ASSORTED ICE CREAMS, LIQUEURS, SAUCES, TOASTED NUTS, SLICED BERRIES)

*RECIPE GIVEN

SOUTHWEST STUFFED CHICKEN BREASTS WITH BLACK BEAN SALAD AND CREAMY CILANTRO DRESSING

For these stuffed chicken breasts, you slip the filling under the skin to add moisture and flavor. Because boneless breasts are sold without skin, you'll need to bone the chicken yourself (follow our easy directions at right), or you can ask your butcher to do it for you.

Prep time: 30 minutes ○
Cooking time: 25 to 30 minutes

1 1/2 cups shredded Monterey jack cheese
3 tablespoons minced green onions
4 teaspoons minced fresh cilantro
1 teaspoon minced garlic
3/4 teaspoon cumin
8 boneless chicken breast halves with skin (about 3 1/2 lb.)
4 teaspoons olive oil
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
Small romaine lettuce leaves

Black Bean Salad
3 cans (15 oz. each) black beans, rinsed and drained
4 plum tomatoes, seeded and chopped (2 cups)
2 avocados, diced
1/2 cup sliced green onions
2 tablespoons fresh lime juice
1 tablespoon vegetable oil
1/2 teaspoon cumin
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper

Dressing
2 cups lightly packed fresh cilantro leaves or 2 cups fresh parsley plus 2 tablespoons dried cilantro
1 cup sour cream
1/2 cup mayonnaise
2 tablespoons fresh lime juice
1/4 teaspoon minced garlic
1/4 teaspoon grated lime peel
1/4 teaspoon salt
1/8 teaspoon freshly ground pepper

Preheat oven to 425°F. Combi cheese, green onions, cilantro, gar and cumin in medium bowl; toss blend. Loosen skin from 1 breast h and spoon 2 tablespoons filling und skin. Repeat with remaining breasts a filling. Arrange stuffed breasts, skin si up, in single layer in broiler pan or sh low roasting pan.

Preheat oven to 425°F. Drizzle chick with oil and sprinkle with salt and pe per. Bake 25 to 30 minutes, until skin golden and juices run clear when chic en is pierced. Let stand 5 minutes befo slicing.

To serve, cut each chicken into 1/2-in slices. Arrange lettuce on each of 8 dinn plates, then top with 1 cup Black Be Salad, sliced chicken and 3 tablespoo dressing. Makes 8 servings.

Black Bean Salad: Combine all ingre ents in medium bowl. Toss to coat we Makes 8 cups.

Dressing: Combine cilantro, so cream, mayonnaise, lime juice and g lic in blender; blend until smooth. Stir lime peel, salt and pepper. Cover a refrigerate until ready to use. Mak 1 1/2 cups.

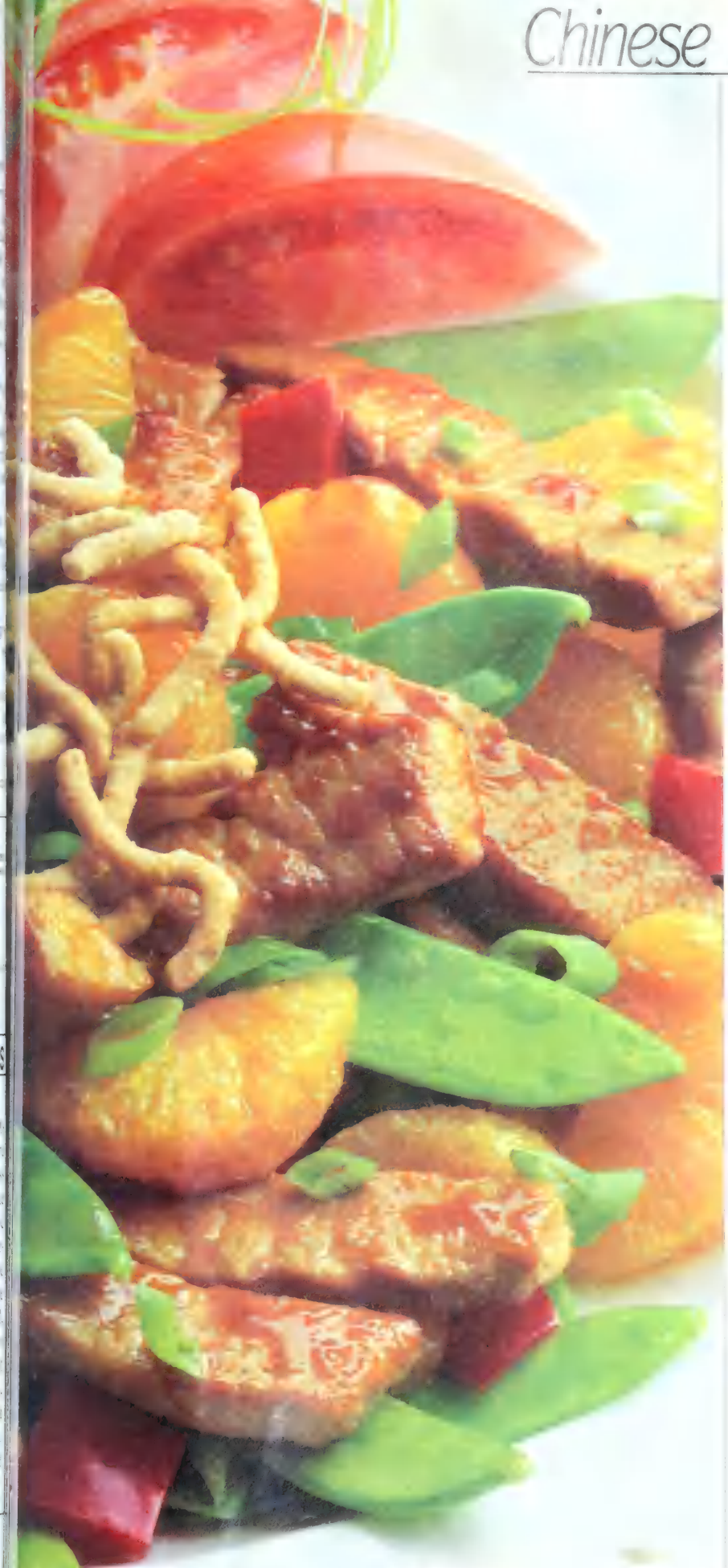
Per serving		Daily goal
Calories	800	2,000 (F), 2,500 (M)
Total fat	54 g	60 g or less (F); 70 g or less
Saturated fat	12 g	20 g or less (F); 23 g or less
Cholesterol	166 mg	300 mg or less
Sodium	738 mg	2,400 mg or less
Carbohydrates	24 g	250 g or more
Protein	55 g	55 g to 90 g

Recipes by Lisa Brainerd, Lorie Nola Dorrance and Karen J.M. Tack.

TEST-KITCHEN TECHNIQUES

Boning a chicken

Buying whole chicken breasts with the bone is usually more economical than buying boneless breasts. Chicken is easier to bone than you might think (and the bones add great flavor to home-made chicken broth). Place the whole breast skin side up on the work surface. Holding a small, sharp knife parallel to and close to the large end of the rib bone, cut and scrape meat from the bones, gently pulling back meat as you cut. Repeat on the other side. Trim any excess fat. Cut the breast in half, keeping the skin on.



Chinese Pork Salad

1 pound pork strips, marinated in 1/2 cup Oriental stir-fry sauce (purchased)
3 green onions, sliced
1/2 red bell pepper, diced
2 10-ounce packages frozen pea pods, thawed and drained
1 8-ounce can mandarin oranges, drained
1 3-ounce can chow mein noodles

In large nonstick skillet, stir-fry pork over medium-high heat about 4-5 minutes. In a large bowl, toss pork with remaining ingredients. Serves four.
Approximately, per serving:* Calories 331, Fat 12 gm, Cholesterol 66 mg
Serve with hot French bread

*Nutrient analysis done by The Food Processor II Diet Analysis Software. Pork data from USDA Handbook 8-10 (1991).

The most delicious things happen when you cut into pork.

Looking for a quick change from the ordinary? Any lean cut of pork can be sliced into strips or cut into cubes or smaller pieces for faster, easier preparation. Try it in place of chicken or other meats in your everyday dishes for a delicious difference your family will love.

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THE GREAT CULINARY TRENDS THIS SUMMER: THE SEAFOOD CLUB (THE UPSCALE SANDWICH EVERYONE'S ORDERING), THE ALL-AMERICAN TORTILLA, AND TART CHERRIES. PLUS AN UPDATE ON CALCIUM, ENTERTAINING TIPS FROM A TOP CATERER AND MORE



At trendy restaurants from coast to coast, the classic double-decker club sandwich has become an elegant seafood entrée—this salmon club is inspired by one we sampled at the New York City restaurant One Fifth.
Prep time: 25 minutes
Cooking time: 1 minute per batch

Herb Mayonnaise
- ¼ cup chopped fresh basil, 2 tablespoons chopped fresh dill or 1 tablespoon chopped fresh tarragon
- ¼ cup mayonnaise
- 1 teaspoon fresh lemon juice
- ¼ teaspoon freshly ground pepper
- 1 tablespoon minced shallot
- ¼ teaspoon grated lemon peel

- 1 (about ¾ lb.) salmon fillet, skinned
- 1 tablespoon pure maple syrup
- 1 tablespoon fresh lemon juice
- 12 thin slices semolina or hearty peasant bread, toasted
- Salt and freshly ground pepper
- 2 teaspoons olive oil, divided
- 4 lettuce leaves
- 8 thin tomato slices
- 8 slices bacon, cooked crisp

Herb Mayonnaise: Combine all ingredients in small bowl. Set aside.

With thin knife, slice salmon diagonally ¼-inch thick. Combine maple syrup and lemon juice in cup.

Spread Herb Mayonnaise on toast. Brush syrup mixture on both sides of salmon; sprinkle with salt and pepper. Heat 1 teaspoon oil in nonstick skillet over high heat until very hot. Cook salmon until opaque, 30 to 45 seconds per side. Add remaining oil, turn salmon over and repeat.

Layer each of 4 slices toast with salmon and a lettuce leaf, then a second slice toast, sliced tomato and 2 pieces of bacon. Cover with third slice toast. Makes 4 servings.

Per serving: 670 calories, 33 g total fat, 6 g saturated fat, 84 mg cholesterol, 859 mg sodium, 57 g carbohydrates, 35 g protein

MARKET TRENDS

WHAT'S NEW OR NOTEWORTHY IN THE PRODUCE SECTION, AND THE MOST POPULAR ITEMS ON THE CHECKOUT LINE

Cherry jubilee

This month through mid-July, you'll find an abundance of sweet and tart cherries at the market. Look for plump, firm fruit with stems. Refrigerate, but don't wash them until you're ready to use—excess moisture makes them spoil faster.

Tart (or sour) cherries are used cooked. These preserves take less than an hour to make for lasting, summery flavor.

Cherry-Best Preserves Place 3 pounds pitted tart cherries (6 cups) in a large, heavy Dutch oven. Combine 1 box (1¾ oz.) pectin with ¼ cup sugar; stir into cherries. Add ½ teaspoon butter. Bring to a full boil, stirring, over high heat. Add 3 more cups sugar and return to boiling, stirring constantly; boil 1 minute. Remove from heat; skim off foam. Immediately spoon preserves into 3 one-pint sterilized canning jars to ¼ inch below top of jars. Secure lids; let stand inverted 5 minutes. Turn upright and cool. Use within one year. Makes 3 pints (10 calories per teaspoon).

(More "Market Trends" on page 186)



STOP FREEZER BURN COLD!



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FOOD IN THE NEWS

EVERYONE KNOWS THAT CALCIUM-RICH MILK IS ESSENTIAL FOR BUILDING STRONG BONES IN CHILDREN, AND THAT CALCIUM IN WOMEN'S DIETS HELPS PREVENT BONE LOSS. BUT HOW MUCH IS ENOUGH? HERE ARE THE LATEST FINDINGS FOR WOMEN, PLUS A CALCIUM-RICH RECIPE

Calcium

The current recommended daily allowance is 800 milligrams (mg) for women twenty-five and older (women reach maximum bone density between the ages of twenty-five and thirty-five). The growing consensus among experts is that the RDA should be increased to 1,000 mg for premenopausal women and 1,500 mg for women who do not take estrogen after menopause.

New evidence confirms that increasing calcium intake at any age actually helps reduce bone loss. In a recent study in New Zealand, postmenopausal women whose diets included 750 mg of calcium a day were given 1,000 mg supplements, and reduced their bone loss by one third, compared to women taking a placebo.

—MAUREEN CALLAHAN



Prep time: 20 minutes
Baking time: 12 to 14 minutes

Preheat oven to 400°F. Beat until smooth 1 container (15 oz.) low-fat ricotta cheese, 3 egg yolks, 1/4 cup each grated Parmesan and shredded mozzarella cheese, 3 tablespoons cornstarch, 1/4 teaspoon grated lemon peel and pepper, and 1/2 teaspoon salt. Fold in 1 package (10 oz.) frozen, chopped spinach, thawed and squeezed dry. Beat 3 egg whites until stiff. Fold into ricotta mixture.

Melt 1 tablespoon butter in 10-inch nonstick skillet over medium-high heat. Remove from heat; spoon mixture into skillet. Return to heat and cook without stirring 1 minute. Bake in oven 12 to 14 minutes, until center is set. Cut around edge; invert onto plate. Makes 6 servings.

Per serving: 175 calories, 9 g total fat, 3 g saturated fat, 237 mg calcium, 128 mg cholesterol, 398 mg sodium, 8 g carbohydrates, 14 g protein

All recipes by Lisa Brainerd and Lorie Nolan-Dorrance.



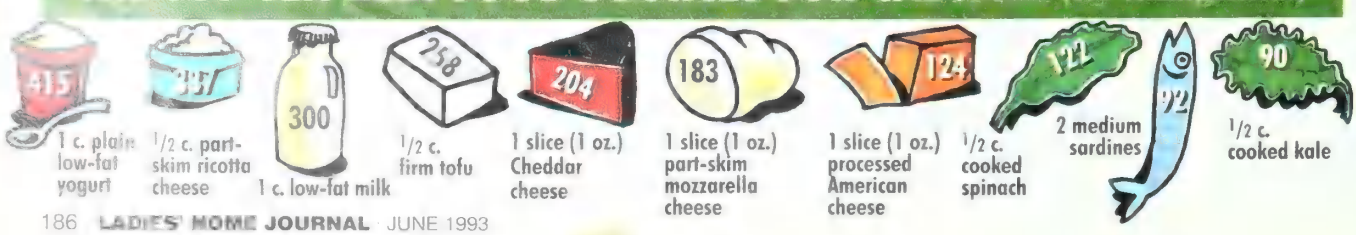
TRENDS

Tortilla Flats

Tortillas have become one of the best-selling breads in America, surpassing even bagels, English muffins and pitas. By 1995, sales are expected to double to $3 billion, according to the Tortilla Industry Association.

Estella Tejidor, director of marketing for Mission Foods, the country's top tortilla producer, credits fast-food chains such as Taco Bell and McDonald's with popularizing tortillas. Moreover, ethnic foods are playing an increasing role in the mainstream American diet. According to a recent survey conducted by the National Restaurant Association, 25 percent of non-Hispanic consumers consider Mexican cuisine to be their favorite ethnic food.

Consumers are discovering that tortillas—white, whole wheat and corn—are versatile and easy to use: as a base for pizza, a crust for chicken pot pie and layered casseroles, and toasted and buttered for breakfast. And kids will often eat what you want them to—if it's wrapped in a tortilla.





Summer Forecast: Deep freeze on the way.

Chocolate Berry Chill

1 pint softened strawberry ice cream
1 KEEBLER® READY-CRUST® **Extra Serving Size** graham cracker pie crust (9 ounces)
1/2 cup fudge sauce
1 tub (8 ounces) COOL WHIP® Chocolate

©1992 National Dairy Board.

You asked for it!

During a vacation in Big Sur, California, my husband had a rock-shrimp salad at the Ventana Inn. Could you obtain the recipe?

Lori Becker, Birmingham, Michigan

CALIFORNIA DREAMIN'

While nothing could compete with the spectacular scenery of the Pacific coast, it's easy to imagine that this grilled-shrimp salad could complement the vista. A marinade and dressing with Asian flavors and a colorful presentation with greens and fruit give this dish a distinctly California style.

Combine 1 pound large shrimp, peeled and deveined, 2 tablespoons *each* soy sauce and Oriental sesame oil, and 1 tablespoon honey in medium bowl. Cover and refrigerate 1 hour.

Dressing: Meanwhile, combine 2 tablespoons *each* peanut butter and rice vinegar, 1 tablespoon *each* soy sauce, hoisin sauce, fresh lemon juice, maple syrup and flaked coconut, and 1/4 teaspoon minced garlic in blender. Process until smooth. With machine on, add 2 tablespoons vegetable oil in a steady stream. Makes 2/3 cup.

Prepare grill. Thread shrimp on skewers and grill over medium-hot coals 4 to 5 minutes, until cooked through and browned. Toss 6 cups cleaned fresh spinach with 4 tablespoons of the peanut dressing in large bowl. Divide greens among 4 plates. Top each plate with 1 tablespoon *each* diced red and yellow pepper, honeydew melon, cantaloupe and jicama, then grilled shrimp. Sprinkle each with 1 tablespoon toasted coconut. Serve with remaining dressing. Makes 4 servings.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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The ballad of Bambi

ontinued from page 145

It had been her own personal protest," Bembenek says fondly.

The past six months have sometimes been disconcerting for Bembenek. She misses the friends she left behind in Taycheedah. One in particular is often on her mind: longtime cellmate Kathy Braun. "I lived with her for so long," says Bembenek. "She's family." They correspond, but parole restrictions have banned her from requesting to visit Braun until recently.

At home, she cherishes such small privileges as opening her own mail or raiding the fridge for fresh fruit and yogurt. She has been practicing her driving, finding doctors, getting insurance; she is becoming acquainted with such modern wonders as mobile phones, fax machines and CD players. The first time she entered a car with automatic seat belts, "I freaked out," she says. "I thought it was attacking me."

Yet Bembenek has not only managed but thrived, comfortably ensconced in a large, new, furnished apartment in a pricey neighborhood not far from the shores of Lake Michigan. Though she offers a curt "No comment" when asked how she's paying bills, it's a reasonable guess that in addition to her release account (money she earned working in the prison's kitchen and vegetable garden), there are royalties from her autobiography and money from the sale of movie rights.

In January, she trekked to Los Angeles so Tatum O'Neal could get a firsthand glimpse of the woman she would portray in the NBC movie. "We really hit it off," says Bembenek. "I think if we'd met in high school, we could have been friends." They have one important thing in common, she says: an ongoing battle to overcome public misperceptions. "The press has continually labeled me as this killer Bunny, and Tatum, despite all she's done, has never shed that Hollywood brat image."

Though Bembenek originally planned to pen a new, happy ending for her autobiography, which ends with her return to Taycheedah, her publisher is considering expanding the project into a second book. "I'm really excited," she says. "I can hardly believe it."

Looking ahead

A year ago, her future seemed without hope; now Bembenek has choices and goals once more. "There aren't enough hours in a day for everything I want to do," she says. "One thing about prison is that you can't make plans. As a lifer, you live for little things like cheese enchiladas for lunch, or a visit from a friend or family."

Shortly after her release, she received a B.A. in humanities from the University of Wisconsin. She is considering attending an Illinois law school as early as next year. "If they won't license me to practice because of my conviction, I'll teach, or work for women's rights in prison," she says. "Knowledge is power."

She knows, however, that her newfound freedom is limited and fragile. Whenever she leaves the state, she must get permits from her parole officer. And she is careful to avoid any run-ins with the Milwaukee police, for even so much as a minor traffic violation. If it happens, "I guess I'll cross that bridge when I get to it," she says resolutely.

Silence fills this cheery living room as Bembenek looks through the window, noticing a young woman walking her German shepherd. "I used to have a dog like that once. It died while I was in prison," she says wistfully. "One of the worst things about prison is that you have absolutely no contact with animals—just the two-legged kind." Then she adds, "I'm happy beyond belief that I can go to a wild-animal sanctuary, or visit people in the hospital. I'm not totally free to do what I want, but at least I'm home. I'm home." ■

Kathryn Casey is a contributing editor to Ladies' Home Journal.

Jane Seymour

it as a series," recalls "Everybody said, 'Oh, never work. We're going death spot: Saturday wants an English girl in a Western. No one wants an hour at an hour series. Nobody wants an hour series. Period pieces don't work, AND this is too soft,' " she says, pausing for breath, then adding sweetly: "They were very wrong."

They certainly were.

The show's success—it's the most popular new drama of the season—tastes especially sweet to Seymour, who, at forty-two, had grown somewhat weary of her media crown as "Queen of the Mini-Series" after doing seventeen-plus (even she's not sure how many) in the last two decades. Her credits include a panorama of praiseworthy performances—and an Emmy—in hits like *War and Remembrance*, *East of Eden* and *Captains and Kings*. Still, being Queen of the Minis is a little like being Queen of the Prom—a swell honor in its place, but not necessarily one you want engraved on your tombstone.

What's more, producers had begun to regard her as terminally glamorous, offering only "dressy" series about "glossy female executives or wealthy daughters who become insurance investigators." Now, though, the veteran actress hopes she'll command more respect. She's already gotten it from critics, who lauded the leading lady even when they panned the show; *TV Guide*'s Jeff Jarvis declared they should have called the series "Jane Seymour, Miracle Woman."

The professional boost was particularly welcome after a tough personal year. Last May, Seymour was divorced from her husband of ten years, business manager David Flynn. It was her third divorce, and while she retained custody of her two children, seven-year-old Sean and eleven-year-old Katie, she was also ordered to pay $10,000 a month alimony for two years.

So when the pilot script about the spunky medic came in, Seymour was ready for a change. She read it overnight, signed on the next morning, went for costume fittings in the afternoon and began shooting the following day. "The timing was right," she admits. "I needed to work, financially, and I related to the subject matter emotionally."

A lot of viewers obviously do, too. Set in 1867, the show dispenses a hearty dose of family values along with nineties sensibilities: In *this* Western, for example, it's the Native Americans who get most of the good lines. Doc Quinn is a Bostonian whose dad encouraged her to go to one of the few medical schools that accepted women. When he died, she struck out for frontier Colorado Springs—where she fights racism, sexism, pollution *and* influenza.

Given her own family background, Seymour's new role should fit like a surgical glove. Her father, an obstetrician from Poland, and her mother, a native of the Netherlands who worked as a nurse during World War II, raised three daughters in the London suburbs. Seymour, the eldest, was born Joyce Penelope Wilhelmina Frankenberg; when she started acting at seventeen, she took Jane Seymour as her stage name (it happens also to be the name of King Henry VIII's third wife, one of the few who managed to keep her head around him).

Her late father, like Dr. Mike's, was always supportive, and Jane grew up unafraid of the sight of blood. "I had a microscope when I was seven, and I was watching surgery when I was ten or eleven." She knew she'd never make it through medical school—"I look at numbers, and I get dyslexic"—but she's delighted to be able to use her knowledge to enhance the show's plots. "It's astounding to me that at a time in my life when things weren't great, out of the blue would come something that epitomized the most important elements of my life: my father, what he represented, my growing up and the way I feel as a woman today," she says, with obvious pride. "I'm a career woman who became a mother later in life. Now I'm a single mom."

It's those same reasons, Seymour believes, that make the show—a kind of Little Clinic on the Prairie—a hit with viewers. "Everyone can relate to being a working woman, or having kids, or choosing a profession over a family. They can identify with what Quinn is trying to do: to make a better world in her tiny little area."

They also adore her hunky blond costar, Joe Lando, who plays Byron Sully, a sensitive outdoorsman whose heart is pure and whose hair is rock-star gorgeous. Seymour did, too, for a while; the two dated while the pilot was being filmed. Now, though, she's devoted to actor/director James Keach, the forty-five-year-old brother of actor Stacy, whom she got to know when they worked on a cable-TV movie together last fall. "I love being with someone who loves the work I do and isn't threatened by it," says the actress with appreciative affection.

Somehow, Seymour has managed to maintain through multiple marriages what she calls "an incredibly functional extended family." (She gets help from a live-in nanny at her three-and-a-half-acre estate outside Santa Barbara.) She actually billets David Flynn's mother (yes, her former mother-in-law) in a cottage on her property. She retains close ties, she says, with Flynn's daughter and—believe it or not—even his previous ex-wife. And she and her own two children either see or talk every day to Flynn, who lives nearby. "He and I like each other a lot more now that we're not married," Seymour says, "and we get on a lot better." Ditto the kids: "I think it's a relief for them to know they don't have to make a choice between Daddy and Mommy."

But what caused the split? "I thought things were great, but he was not happy," she confesses. "I think it's hard for any man to live with someone who has a high-profile career. It takes a certain kind of guy to laugh it off. I think David is a pretty shy guy; I don't think he was comfortable in a lot of situations."

Seymour insists, however, that she feels completely comfortable with all her exes. She and Michael Attenborough—whom she married at twenty, after shooting *Oh! What a Lovely War* for his father, Sir Richard—remain "very good friends." And businessman Geoffrey Planer, to whom she was wed for less than a year in the late seventies, is "still one of my very closest friends." A little denial goes a long way. "As far as I'm concerned I've only been married once, really," she says blithely. "The others don't count as marriages. I was far too young to make those decisions, and I had no idea my success would be hard for someone else." She does have an idea of why she's the marrying kind, though, and it resembles the rationale of the much-married Liz Taylor: "I was brought up the old-fashioned way. You don't get involved with someone

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ON SALE JUNE 15

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:fore you're married. No sex before mar-
age, right?"

Would she like to get married again? Yes, I would," she answers without hesi-tion. The odds are that if she does, it ill be to Keach, whenever his divorce om his wife (actress Mimi Maynard) ecomes final. "We didn't get involved ntil about six weeks after he left his ife," Seymour hastens to add, ever indful of Dr. Mike's "PG" image.

On the set, the two make no secret of eir involvement, where they joke, hug, iss, and even dance. Often. He'll be di-cting "four or five" episodes of *Medicine Woman* next season, and they've made a cond cable-TV movie together, *Praying Mantis*, with Jane as star and she and mes as executive producers (scheduled air this summer on USA Networks).

What attracted Keach to Seymour? Everything, absolutely everything," he ys with an engaging grin. Then he gets rious: "I fell in love with the woman, meone whose soul I could see when I oked in her eyes, someone who was ac-ally in pain and who I might be able to elp. That sounds maudlin, but it isn't eant to be," he adds, recovering. "Actu-lly, I was looking for a job, and I needed ne really badly. . . . Just kidding, just idding." As for Jane, she says "I've nev-r had a relationship before with some-ne who really understood me—or cared o. I'm at a stage in my life where I real-ze things aren't perfect. But what I have ere is a level of commitment and com-munication that I've never had before." Best of all, the kids love him. "He *is* a kid," she says fondly, watching him bound around the set.

Her focus on family intensified, she says, after she almost died five years ago from an allergic reaction to an antibiotic shot she received in Madrid while filming *Onassis: The Richest Man in the World*. She fell deathly ill but willed herself to live, trying to retain consciousness by dredging up all the Latin phrases she'd ever mastered and practicing her child-birth exercises. "I refused to die," she says with a straightforward shrug.

Instead, "What happened was I had an out-of-body experience, which I never re-ally believed in. I'd seen it in movies. I'd played it in movies. Then it actually hap-pened to me: the white light, the whole thing you hear about. I just kept think-ing, I can't die. Who's going to look out for my kids?"

When she recovered, she cast a more critical eye on her career. "When I was safe, I kept thinking, I really push myself for these movies, and who cares? It's a big deal for about a day and a half, then it's another videotape. It's not worth dying for. I decid-ed I wanted to pace my life differently."

That, she says, is another reason she took on this show. Her children are al-ways welcome on the set, and she's glad she's making family fare. "If I have to be working and away from my kids, I'd just as soon be making something they can watch and be part of. They can come out to the set, ride the horses, hang with me there. I can integrate this into a life."

Like the Energizer bunny, Seymour is proud of her ability to keep going and go-ing, no matter what. "I'm told I have more energy than the average person," she ac-knowledges. "I make decisions. I live with them and follow them through to their conclusion, and I try my damnedest when I make a decision to make it work. If things go horribly wrong and I have to start again, I do. I'm a survivor. I can pick up the pieces and get back on track."

That relentless resilience makes her seem ruthless to some. But, says Barry Bostwick, her co-star in *Praying Mantis*, it's simply the mark of a trouper. "She's a dedicated, driven, real professional, and I think that's a compliment. Her lasting power is based on her willingness to do whatever it takes to get the job done."

Seymour, however, says she cringes at such descriptions of her determination. "I don't think it's steely resolve," she protests. "I get it said a lot that I'm cold, but I don't think I am." She says it's also a mistake to confuse her with all the elegant ladies she's played. According to her, she was grungy when grunge wasn't cool, pre-ferring to hang around in bare feet, leg-gings and sloppy sweaters. Still, she does display some lady-of-the-manor manners: She nibbles delicately at a lettuce leaf and a few mouthfuls of rice at lunch, and re-laxes by painting watercolors—of flowers, naturally. And, while she's put her Cali-fornia property up for *(continued)*

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as seen on page 164

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FOOD JOURNAL Page 167 "Florentine Blue" plates, Vietri, Bloomingdale **GREAT SUMMER PARTIES Pages 168-169** Left, French horn fl ware, Mariposa, Chelsea Passage at Barneys New York, Seventh A enue and 17th Street, NYC 10011. Right, "Plum" platter and bow Cyclamen Studio, Macy's. **Pages 170-171** stemware, "Florenti Blue" platters and bowl, Vietri, Bloomingdale's. **Page 180** Green plat Cyclamen Studio.
In the May issue, hair and makeup for the FAT LIKE ME story by Ca Sanchez, Warren Tricomi. **SISTER ACT Page 154-157** Stylist, Kar J. Reisler, props, Robin Rosen. LIVING ROOM: green damask pillow, pu ple chenille throw, ABC Carpet and Home, 212-473-3000. FAMI ROOM: assorted plaid and damask pillows, Bebe Winkler for Beatri Designs Inc., Macy's Private Lives, NYC, D.F. Sanders, NYC. For fu ther retail store information call 212-838-3356. Wicker chair, asso ed blue and white porcelain, ivy lamps and other accessories, Pier Imports. For store location nearest you call 800-447-4371. LITT GIRL'S ROOM: blue mirror, assorted painted clay pots, Expressions Cu tom Furniture, 203-629-9100; tole cachepot, green ribbons, Clem tine, 203-869-9787; painted purple spinella pillow, Niedermai 212-966-8631.

Jane Seymour

continued

sale as part of the divorce settlement, she hopes to hang on to her twelfth-century castle near Bath, England.

"Am I romantic? Yes, in the sense that I'm an optimist. I definitely look at life in a rosy light until such time as a dark cloud hits me."

Right now, though, the clouds have rolled away. Oh, sure, things could be even better. She still longs to make it in the majors. "I'd like to make some big films and I've been offered some, but the stuff I've been offered I wasn't prepared to do," she explains. "I'm not prepared to do what Sharon Stone did in *Basic Instinct*." (It remains unclear whether anyone asked.)

But she definitely sees plenty of silver linings. "A year ago, I was desperately unhappy, and sometimes I still find things resulting from the divorce unfair. But I've come to some sort of peace, because I'm looking at the whole picture," she says. "I'm incredibly lucky. My career had a surprise turn for the better. I have a great situation with my kids. My boyfriend and ex-husband get on just great."

And she's taking Dr. Mike's prescription for finding contentment to heart. "To live each day the fullest you can, not guaranteeing there'll be a tomorrow, not dwelling endlessly on yesterday."

The Queen is dead; long live the Quinn. ■

Look-alike search

continued from page 44

1. Complete the entry form or include the following information on a postcard: name, address, phone, sex, social security number, height, weight, date of birth, hair and eye color, your celebrity look-alike and signature. Attach a brief essay (fifty words or less) explaining what it is about you that resembles this person and what qualities you admire in her or him. The celebrity must be living. Also send two color photos of yourself, taken within the past 60 days, one head shot and one full-length shot. The photographs must be no larger than 5" x 7". Entrants must be the same physical sex as the celebrity look-alike.
2. Mail entry to *Ladies' Home Journal* Celebrity Look-Alike Search, 100 Park Avenue, 3rd Floor, New York, NY 10017. All entries must be received by June 30, 1993. No responsibility is assumed for lost, late, incomplete or misdirected mail, or printing errors. Finalists will receive a notice of selection. Any notice of selection returned as undelivered or not responded to within five business days shall be awarded to an alternate winner. No more than eight winners will be selected.
3. The search is open to any resident of the United States who is twenty-one or older, except employees and their families of Meredith Corporation and Paramount Pictures Corporation and their agencies, affiliates and subsidiaries.
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5. All entries and materials submitted become the property of Meredith Corporation and can not be acknowledged or returned if not selected for use. The essay will be judged for content, clarity of expression, interest to our readers and general appeal. The photos will be judged on likeness to celebrity represented. The winners will be selected by a panel designated by *Ladies' Home Journal* magazine. All decisions of the judges are final. We will enter into no correspondence or phone communication about the search or the judging. *Ladies' Home Journal* magazine reserves the right to make winners look more like the celebrity through changes in haircut, hair color, etc.
6. Winners will be selected on or about July 23, 1993, and will be notified by mail by August 6, 1993. The winners must consent to be available at the request of *Ladies' Home Journal* magazine to participate in and render services to photography/taping sessions and media interviews. She or he also agrees by entering the search to grant *Ladies' Home Journal* magazine and *The Maury Povich Show* the right to use her or his entry, name, photographs, information concerning the winner, and voice for editorial, public relations, promotional and advertising purposes. Winners must sign an affidavit of eligibility, a release consenting to the use of her or his name, photograph and voice as well as a statement confirming the rights of *Ladies' Home Journal* magazine and *The Maury Povich Show* to the essay within five days of notification. Winner must be available to travel during August, 1993 or the award will be forfeited and alternative winners selected.
7. All federal, state and local laws and regulations apply. Void where prohibited. Applicable taxes are the sole responsibility of the winner. Prize is not exchangeable or transferable. No substitution of prizes except at the discretion of *Ladies' Home Journal* magazine. Appearance on *The Maury Povich Show* subject to scheduling and programming considerations.
8. Winners will be announced in the December 1993 or a subsequent issue of *Ladies' Home Journal* magazine.

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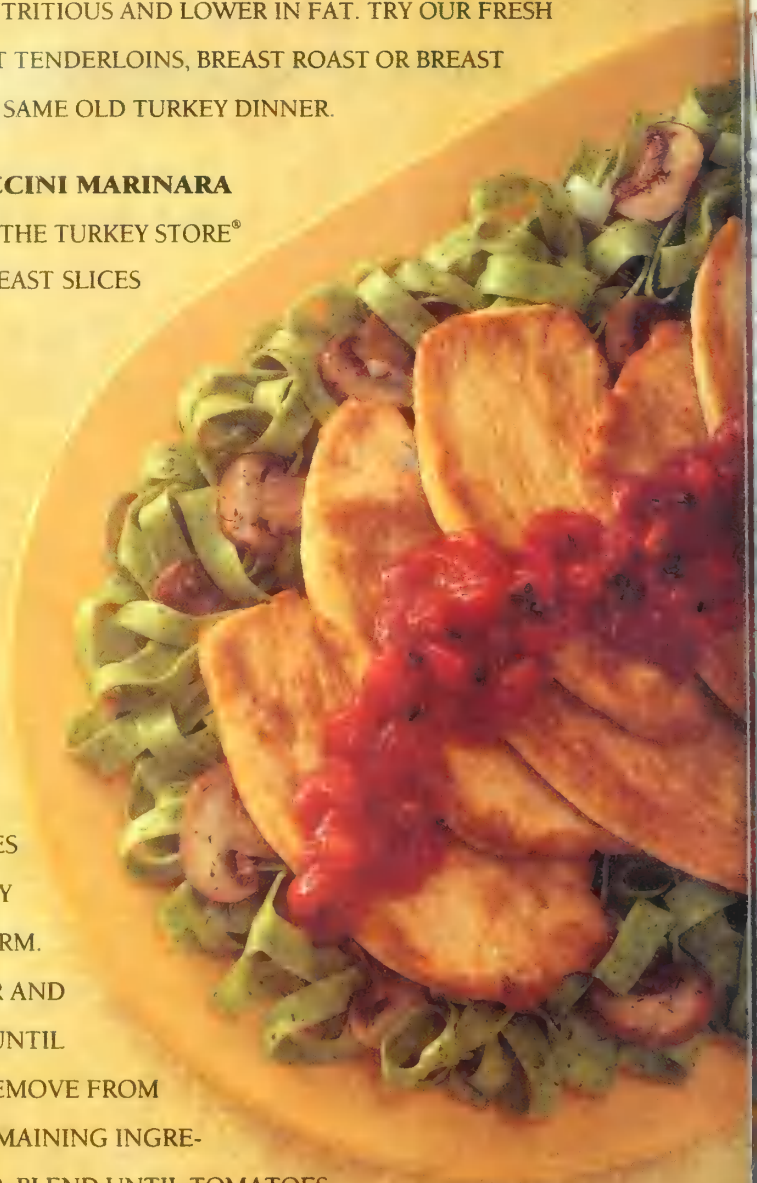


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travel journal

How to find a great travel agent

Who needs a travel agent? You do. Airlines frequently offer temptingly low fares that may or may not be advertised—that is, the ıres are low if you purchase your ticket ɔurteen days in advance, travel between ertain dates excluding blackout periods, tay over on Saturday and fulfill any umber of other restrictions.

But even if you can figure out all those ules, you may not be able to get the kind f deal a travel agent can. The reason is imple: Airlines allocate only a given umber of seats for those low prices. hey utilize "yield management," a comɔuterized pricing system that allows hem to match unsold seats to demand, ıour by hour, changing fares as they go. Iow fast can they change them? The ıumbers are staggering—as many as two ıundred thousand fare changes a day oc-ur during airfare wars. That's why you need a travel agent, who can not only decipher special restrictions, but can keep up with second-by-second fare changes using a computer reservation system, such as American Airlines' Sabre or United Airlines' Apollo.

But it's worth spending time to find the right agent. Agencies run the gamut from local mom-and-pop shops to branches of major travel agencies, such as American Express and Carlson Travel Network (CTN). A good agent should be able to provide a broad range of options and understand a client's needs. Some book anything and everything; others specialize in one area, like cruises.

Start by asking friends and relatives to recommend someone. You might want to look for an agent who is a Certified Travel Counselor (CTC). To earn this distinction, the agent needs to have been in business for five years and to have completed a series of courses. Only about fifteen thousand agents have CTC degrees, out of an estimated two hundred thousand agents nationwide. (Call the Institute of Certified Travel Agents at 800-542-4282 for a list of such agents in your area, or write to them at 148 Linden Street, P.O. Box 812059, Wellesley, MA 02181-0012.) Then contact your local Better Business Bureau or the American Society of Travel Agents' Consumer Affairs department (A.S.T.A.) to see if any complaints have been registered about an agent you are considering.

Visit the agency, explain what you're interested in and request an agent who specializes in your area of interest—one who knows cruises, for example. You don't want to find yourself speaking with an agent who handles only business travel. Chat with her, and ask questions: How will she ensure you're getting the best price possible? Your agent should have the ability to change a reservation if an airfare drops after the reservation is made.

Find out what happens if an airline, cruise line or tour operator goes bankrupt before you're able to take your trip. Ask if the agent has been to the destination or taken the cruise line that you're considering. Pay attention also to the questions that the agent asks *you* to determine your budget and preferences. Does she seem truly interested in learning what you want out of a trip?

Finally, beware of telemarketing and direct-mail travel scams. Even the best agent can't get you a week's vacation in Hawaii for $89. As the saying goes, if it sounds too good to be true, it probably is. Also, never give your credit-card number over the phone to an agent you don't know.

For additional free information on choosing an agent, write: A.S.T.A., 1101 King Street, Alexandria, VA 22314; or call 703-739-2782. —EVERETT POTTER

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Licensed to kill

continued from page 140

medical societies, state licensing boards and various impaired-physician rehabilitation programs. But AMA officials concede that physicians often resist naming incompetent colleagues for fear of being slapped with lawsuits for slander. "Doctors in almost every hospital in America know who the bad doctors are," says AMA attorney Kirk Johnson. "But they also know the nightmare and hassle of the inevitable litigation. So they think, Why bother?" Lawsuit-wary hospitals and medical societies may also hesitate to report negligent physicians. State medical boards (the agencies responsible for issuing, restricting and revoking the licenses that doctors must have in order to practice) compound the problem by making it difficult for the public to get information about negligent physicians.

No one keeps exact figures on the number of complaints brought against doctors, but state medical boards and consumer groups agree that they are on the rise. Yet only a small percentage of these physicians ever face punishment. "Too many medical boards are more interested in protecting the practitioner, not the public," says Laura Wittkin, executive director of the National Center for Patients' Rights, a nonprofit advocacy group in New York City. What's more, many states, strapped by budgetary constraints, cannot adequately staff and train boards to investigate medical negligence claims that might lead to action against a doctor's license.

Fly-by-night doctors

Even if regulators do uncover wrongdoing, their investigations are often tentative, allowing deadly doctors to become nomads and move from state to state without any consequences. Take the case of Leonora Weissman, M.D., a fifty-two-year-old physician with a surgical practice in New York City. She's been able to keep treating patients, though Pennsylvania medical authorities are investigating her role in 124 health law violations, twelve questionable patient deaths and a number of surgical complications. Five years ago Pennsylvania Health Department officials barred her and two other doctors from practicing at North Philadelphia's Jane C. Giuffre Medical Center, but no disciplinary charges that would restrict the doctors from working elsewhere were filed. So Weissman simply moved on, reportedly leaving behind nine malpractice cases in Pennsylvania and amassing several more since arriving in New York.

Pennsylvania prosecutors claim they've been unable to build a case against Weissman, citing the difficulty of finding patients who were mistreated at Giuffre and identifying exactly which doctors were at fault. But *The Philadelphia Inquirer* found enough evidence in 1988 to publish a front-page story listing the names of eighteen Giuffre patients who had been poorly treated. A subsequent story charged investigators with simply misplacing the Weissman file.

The Weissman case is an example of "sundowning," when officials simply push inept doctors out of their state without considering where they'll turn up next. As Mike Barrett, chief prosecutor for the Bureau of Professional and Occupational Affairs of the Pennsylvania Department of State, concedes, "After 1988 Dr. Weissman was no longer in Pennsylvania, and we had other cases that demanded more immediate attention."

Today, Weissman continues to operate at New York's Wyckoff Heights Medical Center (using her maiden name, Monroe) while remaining the target of licensing investigations in both Pennsylvania and New York. Kathleen Tanner, director of the New York Office of Professional Medical Conduct, launched the second probe in January 1992 after news accounts detailed Weissman's checkered past. "It is troubling when a doctor has a problem in one state and can skip off to another without any record following them," says Tanner. "Still, as far as we're concerned, her record is clean."

But Mary Rita Wallace, the attorney for Abraham Parnes, a seventy-eight-year-old retiree who nearly died after Weissman punctured his colon during a

olonoscopy (a routine diagnostic procedure), notes that Weissman's New York insurance carrier would only provide her malpractice coverage for up to $100,000 per patient when the standard amount in New York State is $1 million. "That tells me her carrier was aware of her background and the pending suits," says Wallace. "On the one hand, the New York regulators didn't see fit to put any restrictions on her practice—but, on the other, her insurance carrier did."

Though some investigations drag on endlessly, others may ultimately succeed in putting a dangerous doctor out of commission, though possibly only temporarily and in a limited area. This was the case with forty-nine-year-old Detroit plastic surgeon Emmanuel Amayo, who was sued for malpractice thirty-three times between 1985 and 1991 for negligent surgical practices. In one shocking incident, a woman underwent a needless double mastectomy after Amayo misrepresented the findings of a mammogram.

It wasn't until June 1991 after Michigan state assistant attorney general Merry Rosenberg filed an administrative complaint involving Amayo's mistreatment of eight patients that he formally resigned from Oakwood Hospital. "He was negligent in every respect," says Rosenberg. "Bad technique, working too fast, not bringing in people to *(continued)*

Avoiding dangerous doctors

There's no easy way to find information on incompetent or impaired doctors, but you can take some steps to help protect yourself and your family:

- Ask people you trust to recommend doctors.
- Call your state's medical licensing board and ask if the doctor in question has been subject to misconduct charges or disciplinary actions.
- Check to see if your specialist is board certified. The American Board of Medical Specialties (ABMS) recognizes twenty-four boards; a doctor who is certified by one of the 125 other boards most likely has not gone through the stringent certification process required by the ABMS. Consult *The Official American Board of Medical Specialties (ABMS) Directory of Board Certified Medical Specialists* (1992), available at local libraries, to check if a doctor is certified.
- Ask your doctor for a resume, and pay attention to the hospital(s) that have extended admitting privileges. Be suspicious if your doctor has none or has lost them; that may mean hospitals have refused or revoked privileges.
- If you're in need of a serious operation, contact your local hospitals to ask about their mortality rates and how often the procedure is done there. California, New York and Pennsylvania rank their hospitals according to mortality rates for some procedures. Contact state health departments for more information. *The Consumers' Guide to Hospitals* lists death rates for eleven common procedures at six thousand hospitals around the country. To order, send a check for $12 to Washington Consumer Checkbook/Hospital Guide, 806 15th Street NW, Suite 925, Washington, D.C. 20005. For more information about the book, call 202-347-7283.
- Finally, complain to state medical boards about suspected acts of negligence or incompetence. That's the only way to keep dangerous doctors from hurting others.

—M.J.W.





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Licensed to kill

continued

help him, saying he'd done things he hadn't done. He was just a bad surgeon."

In November 1991, after more than two years of investigation and legal proceedings, the Michigan Board of Medicine ordered a two-year suspension of Amayo's license and a $20,945 fine. The action also requires the doctor to undergo two years of retraining and three more of supervision, which will make it difficult for him to get a job again in Michigan.

But there's little to stop Amayo from practicing elsewhere. After his license was suspended, he was given a surgical fellowship at a hospital in Toronto. He might never have been stopped had he not been jailed in early 1992 for failing to pay $22,000 in child support.

Closing ranks

Patients who have been victimized by doctors like Amayo may successfully sue for malpractice, and hospitals may seek to suspend problem physicians. But it's not uncommon for doctors to negotiate secret settlements that leave the public—as well as other doctors and hospital administrators—none the wiser.

One celebrated secrecy case involves Washington, D.C., heart surgeon Richard N. Scott. After several bungled surgeries, the doctor agreed to relinquish his surgical privileges at Washington Hospital Center in 1982 as long as the hospital sealed internal reviews that concluded his poor performance had been a factor in at least four deaths. When nearby Montgomery General Hospital conducted a routine review of Scott's credentials in 1983, officials at Washington Hospital Center refused to divulge details of Scott's suspension, and the doctor was able to maintain surgical privileges at Montgomery General. Today, Scott is the defendant in at least five malpractice cases. He continues to practice at Montgomery General.

Protecting the public

Three years ago, in an effort to improve this bleak picture, the Department of Health and Human Services opened the National Practitioner Data Bank, a computerized database that keeps records on license revocations, restricted hospital privileges and malpractice judgments. Whenever a doctor applies for a staff position or clinical privileges at a hospital, administrators are required by law to contact the database.

Yet problem practitioners can skirt the rules by resigning from hospitals before peer reviews begin an investigation. And the system remains off-limits to the public and other doctors, undercutting its usefulness. "People should be outraged that they can't use the database," says Wittkin. "There's no place to call if you want to get your doctor's track record."

And as the victims of dangerous doctors have learned, what you don't know can hurt you. Julie James, whose newborn daughter was murdered by Dr. Milos Klvana, still hasn't forgotten the sense of betrayal almost ten years later. "The experience ripped me apart," she says. Today she wonders how many others like Klvana are still practicing. "Why can't patients learn about their doctors?" asks James. "The only way I found out about Klvana's background was because I got hurt. And that's just sad." ■

Michael J. Weiss is a contributing editor of Ladies' Home Journal.

Have you been hurt by a doctor?

As the second in the Journal's ongoing series of reports on the health-care system makes clear, doctors sometimes do more harm than good. We are interested in hearing about any experiences our readers have had with negligent doctors, and would appreciate your taking part in our poll by calling 900-976-4554. Each call costs 99 cents; touch-tone callers only. Call between Monday, May 17, 8 A.M. EST and Sunday, June 6, 11:59 P.M. EST. This is what you will hear when you call:

What kind of harmful treatment have you, or someone you know, been given by a doctor?
Press 1 for an incorrect diagnosis
Press 2 for an error in medication
Press 3 for a surgical error
Press 4 for unnecessary procedures

Did your health, or that of the person you know, suffer as a result?
Press 1 for yes
Press 2 for no

Do you favor stricter regulation of doctors by state medical boards even if it would mean higher taxes or health-care costs?
Press 1 for yes
Press 2 for no

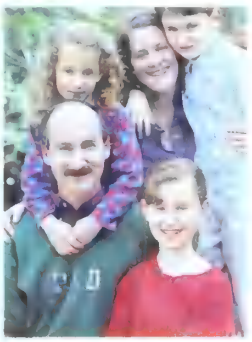
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DAD Appreciation DAYS

In December, we sponsored a contest with Hilton Hotels and asked readers to tell us what strategies they'd used to bounce back from tough times. The Wolff family, of Menlo Park, California, shared their winning ideas with us, and now they're one of the five lucky families heading off for a week-long vacation at a Hilton resort. We want to share their story with you.



Carol and Ken Wolff lost a baby in the eighth month of pregnancy. Ken's father was suffering with terminal cancer, and Ken spent all his free time shuttling between his parents' house and his young family at home.

Carol decided the caretaker needed some taking care of himself. She and the kids planned a four-day extravaganza and called it Daddy Appreciation Days—D.A.D. "I gathered the kids together and told them we were going to surprise Daddy. There is nothing like working on a secret to bring joy into a house."

After two weeks of scheming, the celebration began. "Each day, the kids put love notes in his coat pockets, his briefcase, and in his lunch box. When he came home, his favorite foods were served on an elegant table. Each night there was a gift." One of these, a special sweatshirt stamped with the kids' handprints and stitched with "D.A.D.," is modeled by Ken (above), with his family.

"In creating ways to show our appreciation, our appreciation grew," says Carol. "We made my husband smile in the midst of his sorrow, and that lifted all of our spirits."

IDEA OF THE MONTH

When we asked readers to share their important ideas with us in the March "Editor's Journal," we received all kinds of responses—some sensible, some provocative, some inspiring. One of our favorites was from a reader in Maryland who said that after having three children, she and her husband decided they wanted to adopt a child. They made a rare choice—to bring an older child into their home—and told the agency that a six-year-old was the youngest child they would have.

How has choosing an older adoptee worked out for her family? Her words say it best: "If I had a bigger house, I'd adopt more."

FEEDBACK

"Thank you so very much for your October 1992 article, 'Am I going to die?' Our daughter was struck with the same bacterial virus as the doctor in the story and was also pregnant. She and the baby were both taken from us. Our devastation was great, and we found it hard to explain to everyone. Your article lightened our burden so much. We have shared it with many questioning friends, and it has helped so much to know that even the most modern hospital and doctors can do nothing to change this monster's course of destruction. Thank you for your medical section and all the help you give to others in different ways."

—Wanda Leppanen
Florissant, Missouri

"Hedda Nussbaum ['The loneliest mother in America,' March 1993] could have left Joel Steinberg when he first started abusing her. She chose not to.

She could have taken Lisa away when he began abusing her. She chose not to.

She could have called 911 when Lisa lay unconscious on the bathroom floor. She chose not to.

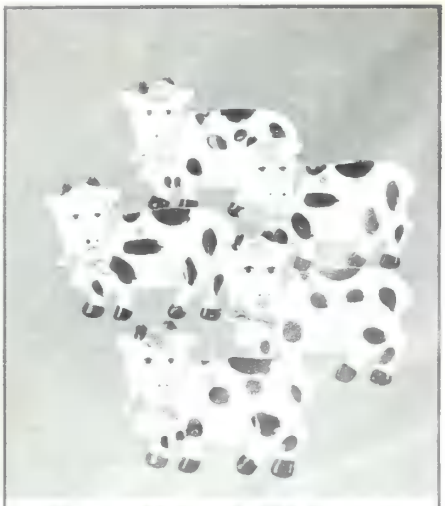
Hedda Nussbaum freely collaborated in her own destruction. She had choices. Lisa had none." *—Helga Eaddy*
Shelbyville, Tennessee

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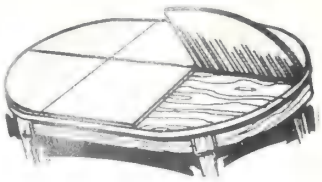
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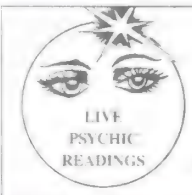
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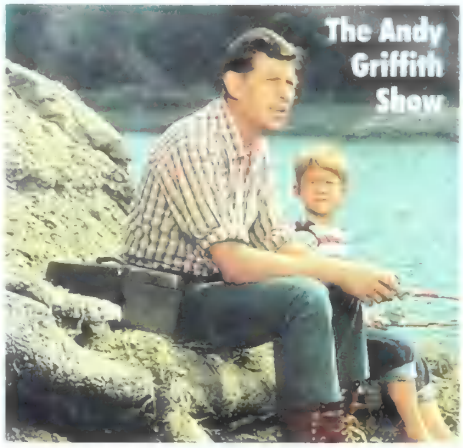
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Dear old DAD

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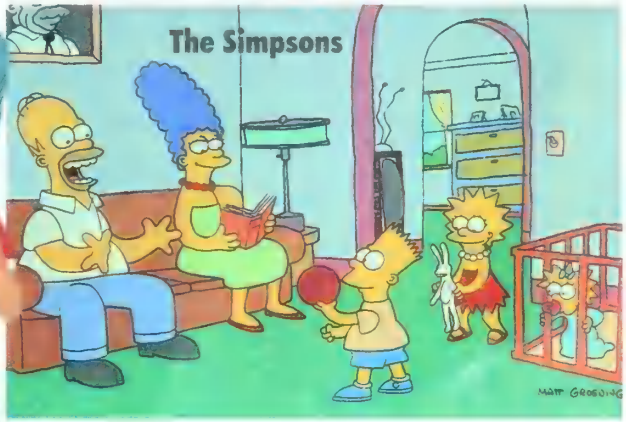


Would it be insurance man **Jim Anderson** (Robert Young), all warm smiles and sensible advice? Or Mayberry's sheriff—and Opie's "pa"—**Andy Taylor** (Andy Griffith)? How about accountant **Ward Cleaver** (Hugh Beaumont), that pillar of patience with Wally and the Beave? Newspaper columnist **Tom Bradford** (Dick Van Patten) was a dream dad, ever kind to his shaggy seventies brood. And who *wouldn't* want **Dr. Heathcliff Huxtable** (Bill Cosby), obstetrician and maker of funny faces? Bumbling handyman **Tim Tyler** (Tim Allen) would be a hoot, but you'd want to keep him away from your Nintendo. Still, none of these dads quite compares to **Homer Simpson**, whose approach to fatherhood produced the likes of the infamous Bart . . . . Need we say more?

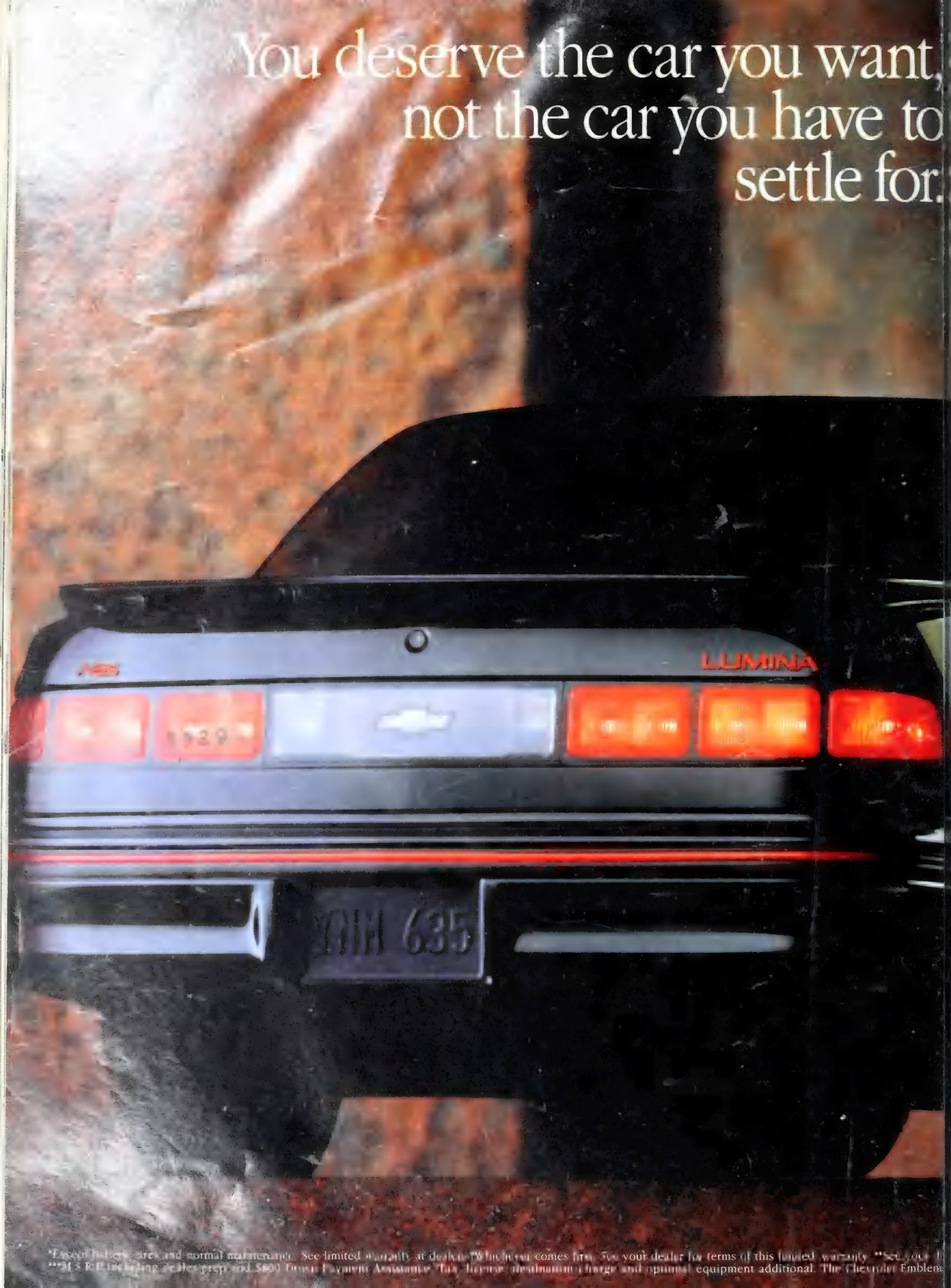








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COVER GIRL®

CLEAN SKINCARE



NEW CLEARLY DIFFERENT DEEP CLEANSING FACE WASH

Discover the deep down clean that's whipped up soft.
It's lighter than cream, softer than soap.
And whipped. To thoroughly foam away dirt. Oil.
Even make-up. Then completely rinses away.
For skin that's really clean. Really soft. Dermatologist tested
From the new Cover Girl Clean SkinCare Collection.

COVER GIRL NIKI TAYLOR

WHERE NATURALLY BEAUTIFUL SKIN BEGINS

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